



ADAPTIVE RECREATION

Fall Programs – September, October, November 2016



**Helping to Make Saint Paul
the Most Livable City in America**

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ADAPTIVE RECREATION CONTACTS

Adaptive Recreation Office
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Please like and follow us on Facebook!

[facebook.com/AdaptiveRecreationSaintPaul](https://www.facebook.com/AdaptiveRecreationSaintPaul)

Welcome To Adaptive Recreation

Saint Paul Parks and Recreation's Adaptive Recreation Program provides a variety of leisure services to individuals with intellectual and/or physical disabilities. Recreational, educational, and cultural activities are offered throughout the year at various recreation centers, community education sites and other venues throughout Saint Paul.

Newsletter by Email • On-line Registration

The ARCH newsletter is published quarterly. You can have it mailed to your home or have it emailed.

The emailed version of the ARCH is sent to you the day after it is mailed through the Postal Service. The newsletter should arrive at everyone's house on the same day. To receive the newsletter via email, fill in the information on the registration page, or contact Mark at 651-793-6634 or mark.toupal@ci.stpaul.mn.us

When you receive your email subscription, please contact us again to confirm that you can successfully open the attachment and ask to be taken off of the Postal Service mailing list.

To register online, go to: www.stpaul.gov/parks and click on the links. You can still mail in your registration or bring it to the Adaptive Recreation Office. If you plan to stop by our office, please call in advance to ensure someone is there. You can always put your registration in the locked mail box near the entrance doors @ Phalen Recreation Center.

Newsletter by U.S. Postal Service

You can receive the ARCH newsletter via regular mail. Please consider that the cost for printing and postage of the newsletter is more than \$5 per year per recipient. We ask that you consider donating a minimum of \$5 a year to help offset these costs. If you are able, perhaps you would consider making a larger donation to help pay for the newsletter of someone who cannot afford to make that donation. You may include your donation with your registration. Thank you for considering this contribution.

Newsletter Accuracy

Every effort has been made to assure the accuracy of information contained within this newsletter. However, errors can occur and circumstances may require adjustments to fees, schedules, locations, or other aspects. Adaptive Recreation reserves the right to make such adjustments and apologizes for any inconvenience these errors or adjustments may cause.

Holiday Observations & Office Hours

The Adaptive Recreation Office will be closed to observe various holidays this season, including Labor Day, September 5, Veteran's Day, November 11 and Thanksgiving, November 24 and 25. Please note, we do not have a receptionist and at times we are away from the office for meetings or activities so if you plan to stop by our office, please call in advance. Our individual office numbers are listed on page 2.

Participant Wellness

Not feeling well? In the consideration of others, to prevent the spread of contagious illnesses, and for a faster recovery time for you, abstain from attending programs when any of the following conditions exist: fever of 100 degrees or higher, vomiting within the last 24 hours, persistent diarrhea in conjunction with other symptoms, contagious rash or rash of unknown origin, persistent cough and/or cold symptoms, "Pink Eye" strep throat, flu or lice. Attending activities when you are not feeling well will get in the way of your participation as well as your enjoyment of the program. Stay home, rest and you'll be better and back to enjoy the Adaptive Rec. activities in no time. Thank you.

Weather Policy

The Adaptive Recreation Program staff realizes that weather can be a concern for our participants. Fall weather can go from beautiful almost summer-like days, to cold and blustery, and possibly even snow! A decision to cancel activities will be made by Adaptive Recreation staff by 2:00 p.m. If weather conditions deteriorate later in the day, every attempt will be made to contact you. However, you may also contact our office at 651-793-6635 to see if a message was left pertaining to the weather and the programs scheduled for that day. Most importantly, we encourage parents, group homes, participants, etc. to use your best judgment in determining your attendance of an activity when weather conditions are questionable.

Registration Guidelines

Please Note: It is always advisable to check with your doctor before beginning any exercise/fitness program.

City of St. Paul Residents will receive priority in registering on a first-come, first-serve basis. Non-residents will be placed on a waiting list and registrations will be processed on a first-come, first-serve basis after seven working days have passed since the mailing of the newsletter. City boundaries are roughly: Larpenteur to the north, McKnight to the east, Annapolis to the south and the Mississippi River and Hwy. 280 to the west.

GROUP HOME POLICY: Only two residents from the same address may attend the same program that has a limited registration. This allows for equal opportunity to participate in the activities and prevents a single residence from dominating an activity. If after the registration deadline, there is space available, we may allow more residents into that program.

PROGRAM PLACEMENT GUIDELINES: Individuals must be able to participate independently within the stated staff / participant ratio or supply a personal aide in order to take part successfully in appropriate programs.

REGISTRATION CONFIRMATION: You will be contacted only if the class has been canceled or if the class registration has filled.

Refund Policy: All refunds must be requested prior to the date of the event or first class meeting. Refunds will not be issued for any reason for any single registration costing \$10 or less. Refunds for classes/events costing more than \$10 will be reduced by \$10. If you are signed up for a special event where tickets are purchased in advance, you will be charged the full amount of the ticket unless someone on the waiting list can take your place. Exceptions will be granted only if Adaptive Recreation is unable to provide the service for which the fees were paid, for example: class is canceled or class is already filled.

DEADLINES: Deadlines for registrations are often noted in newsletter articles. Adaptive Recreation activities are popular and may fill before the deadline date. We encourage you to register early to avoid missing out on the FUN!

DROP-OFF AND PICK-UP POLICY: We can provide supervision for participants only during the listed activity hours. We will not be responsible for participants left waiting for transportation after the scheduled activity time is over. Please plan accordingly.

INTEGRATION/INCLUSION OPPORTUNITIES: Inclusion allows opportunities for individuals who have disabilities to participate in recreation programs with non-disabled peers. Adaptive Recreation will make every reasonable effort to help residents with disabilities participate in the programs offered city wide by the City of St. Paul. To ensure a safe, positive inclusion experience, Adaptive Recreation staff will discuss with each participant and their parents/guardians the participant's desires, abilities and needs prior to the beginning of the program.

Volunteer Opportunities!

Volunteers are a vital force in helping the Adaptive Recreation Program grow and expand. The calendars for the upcoming months include opportunities to support Adaptive Recreation's goal in providing quality leisure programs through volunteering. Current volunteer opportunities include:

SWIM INSTRUCTORS: Teach basic skills and refine skills already possessed by individuals with cognitive disabilities. Under the supervision of an Adapted Aquatics Specialist, volunteers work one-to-one with individuals who have cognitive disabilities. Lessons are held @ Great River Water Park on Thursday evenings, September 15 – October 20.

LANE ASSISTANTS/SCORE KEEPERS: Assist individuals with physical disabilities who are participating in a competitive bowling league, setting up ramps and assisting on the lanes or keeping score the 'old-fashioned way'. The league meets Saturdays, September 17 – November 5.

ASSISTANT COACHES: Assistant coaches are needed for Basketball and Intramural Soccer teams. Responsibilities include teaching fundamental skills of the game and encouraging teamwork and good sportsmanship. Soccer and Basketball will be held Tuesday evenings. Soccer dates are Tuesdays, October 4-25. Basketball practices begin December 6 and continue through March of 2016 - - games will begin after the first of the year and be held on Thursday evenings.

For more information regarding volunteering with the Adaptive Recreation Program, contact Colleen Tusa @ at 651-793-6561 or Mark Toupal @ 651-793-6634.

Classes & Activities

I Can Act - Creative Dramatics Class

WHEN: Mondays, September 19 – October 24

WHERE: El Rio Vista Rec. Center

TIME: 6:45 – 8:00 p.m.

COST: \$30.00

DEADLINE: Friday, September 9

STAFF/PARTICIPANT RATIO: 1:6

INFO: Colleen, 651-793-6561

Find out what it takes to be an actor in this fun acting class. You'll explore and enhance your imagination, expressions and movements while creating a variety of characters, story lines and props. Mary Gregory, a local performer in the Gilbert and Sullivan Very Light Opera Company and director of theater camps for many years will lead this class. We will use musical warm-ups, improvisation, movement and role-playing. We will have a 'performance' on the last day of class. Come and see how much fun acting can be!

Yoga

WHEN: Mondays, November 21 - December 19

WHERE: El Rio Vista Recreation Center

TIME: 7:00 – 8:00 p.m.

COST: \$30.00

DEADLINE: Friday, November 18

STAFF/PARTICIPANT RATIO: 1:6

INFO: Colleen, 651-793-6561



Have fun, stretch, move and release stress! Our favorite Yoga Instructor, Marjorie Ames, is back to teach this fun class! In each class, we will do some stretching, basic yoga postures, and enjoy music from around the world. We will end each class with deep relaxation. This is a class for all body types and there is no experience necessary. Bring your own yoga mat if you have one.

Bonanza of Beads Craft Class

WHEN: 2 Wednesdays, October 12 and 19

WHERE: Edgcumbe Rec. Center

TIME: 7:00 – 8:15 p.m.

COST: \$10.00

DEADLINE: Friday, September 30

STAFF/PARTICIPANT RATIO: 1:5

INFO: Colleen, 651-793-6561

Beads come in a variety of materials, shapes and sizes. Beadwork is the craft of making beads, attaching beads to one another or creating art work with a selection of beads. In this craft class we will use beads and create fancy handcrafted pieces of jewelry and / or artwork.

Holiday Crafts

WHEN: Wednesdays, November 9 –
December 14

(No Class November 23rd)

WHERE: Edgcumbe Recreation Center

TIME: 7:00 – 8:15 p.m.

COST: \$25.00

DEADLINE: Wednesday, October 28

STAFF/PARTICIPANT RATIO: 1:5

INFO: Colleen, 651-793-6561



The holidays will be here before you know it! This craft activity is designed to provide participants with an opportunity to create decorations and gifts for the holiday season. A variety of materials will be used to inspire all participants' creativity. Plan to attend all evenings that the activity is offered. If you find that you will miss one session, please call the Adaptive Recreation Office, so that supply purchases can be adjusted.

Swim Lessons @ Great River Water Park

WHO: Children & Adults w/ developmental or intellectual disabilities

WHEN: Thursdays, September 15 – October 20

WHERE: Great River Water Park

TIME: 6:45 – 7:30 p.m.

COST: \$15 registration fee + pay \$4 weekly at the pool

DEADLINE: Friday, September 2

STAFF/PARTICIPANT RATIO: 1:1

INFO: Colleen, 651-793-6561

Swim Lessons provide an opportunity to learn basic swim skills: breath control, floats and strokes. Advanced swimmers can refine the skills they already possess. Lessons are taught by volunteer instructors under the direction of an Adapted Aquatics Instructor. You can also stay for swim exercise and open swim following lessons.

Ongoing Activities

Pickin' 'N' Grinnin'

WHEN: Mondays, September 12, 26,
October 10, 24, November 14, 28

WHERE: NEW LOCATION!
(Obama Elementary)

TIME: 7:00 – 8:00 p.m.

COST: \$1 per person (payable at door)

STAFF/PARTICIPANT RATIO: 1:20

INFO: Colleen, 651-793-6561

Pickin' 'n' Grinnin' is an old-fashioned sing-along jam session with added fun. Our musicians perform and lead the group in song plus we have rhythm instruments available to use. There is also room for dancing. We meet the 2nd and 4th Mondays of each month, except holidays and/or school breaks. Come sing and jam with us.

Open Swim/Swim Exercise

WHEN: Thursdays

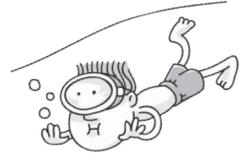
WHERE: Great River Water Park

TIME: 7:00 – 8:00 p.m. September 8, November 3-17
7:30 - 8:30 p.m. September 15 - October 20, 27
(Note: Pool is closed September 1)

COST: \$4.00 per evening (payable at pool)

STAFF/PARTICIPANT RATIO: 1:12

CONTACT: 651-793-6635



Make a splash with Adaptive Recreation's Swim nights! This activity is designed for people with cognitive disabilities and the pool is reserved for the Adaptive Recreation program for the entire hour. A group exercise class will take place during the first ½ hour for those who are interested and then followed by ½ hour of free time to enjoy swimming and unstructured play. If you'd rather not join in the water exercise program, you can come and swim laps, enjoy the water slides, etc. Staff and family members are always welcome to swim too! Please contact the Adaptive Recreation Office by 4:00 p.m. the day(s) you plan on attending.

ACTIVITY LOCATIONS

Phone numbers listed are in the 651 area code, unless noted.

AMF Saxon Lanes	61 Little Canada Road West ~ 55117	484-6501
Archery outdoors	1200 Warner Road ~ 55117	no phone
Como Park Fire Rings	Horton Ave. (near Hamline) ~ 55112	no phone
Bwana Archery	3015 Country Drive ~ 55117	482-9866
Edgumbe Recreation Center	320 S. Griggs ~ 55105	695-3706
El Rio Vista Recreation Center	179 E. Robie St. ~ 55107	789-2500
Great River Water Park	270 N. Lexington Pkwy. ~ 55104	642-0650
Hazel Park Recreation Center	945 N. Hazel Ave. ~ 55119	501-6350
History Theater	30 E. 10th Street ~ 55101	292-4323
Johnson High School	1345 Arcade Street ~ 55106	293-8890
Merriam Park Recreation Center	2000 St. Anthony ~ 55104	298-5766
Midway Pro Bowl	1556 University Ave. ~ 55104	646-1396
Obama Elementary	707 Holly Ave. ~ 55104	293-8625
Phalen Recreation Center	1000 E. Wheelock Pkwy. ~ 55106	793-6600
Plaza Movie Theater	1847 Larpenteur Ave. E. ~ 55109	287-2700

Special Events

Bonfire Night

WHEN: Wednesday, October 5
WHERE: Como Park Fire Rings
TIME: 6:00 – 8:00 p.m.
COST: \$8.00
DEADLINE: Friday, September 21
STAFF/PARTICIPANT RATIO: 1:5
INFO: Mark, 651-793-6634



Join Adaptive Recreation for an evening of music, snacks and fun as we enjoy a large open-air bonfire. This autumn's celebration will include games and live music for dancing and group sing-a-longs. We will provide popcorn, s'mores and beverages. (Please eat dinner before you arrive). Stay for just a while or as long as you would like. You may bring your own lawn chair too if you would like. Registration is limited, so register early.

Bingo Nights

WHEN: Wednesday, September 14
Tuesday, October 18
Tuesday, November 29
WHERE: Hazel Park Recreation Center
TIME: 7:00 – 8:00 p.m.
COST: \$4.00 per night, \$1.00 each add'l card
STAFF/PARTICIPANT RATIO: 1:8
INFO: Colleen, 651-793-6561



Join Adaptive Recreation for an evening of low-key competition and good fun! Staff and parents are encouraged to assist. If they would like to play, please register and pay in advance. We will supply popcorn, beverages and prizes. Registration is required and limited. NO 'walk-ins' please.

Halloween Dance

WHEN: Wednesday, October 26
WHERE: Merriam Park Recreation Center
TIME: 7:00 – 9:00 p.m.
COST: \$5.00
DEADLINE: Friday, October 21
STAFF/PARTICIPANT RATIO: 1:25
INFO: Colleen, 651-793-6561



"Trick or Treat or Dance!" Join Adaptive Recreation at our annual Halloween Dance. Dress up as your favorite monster, movie character, or just be a star and dance the evening away. This is definitely not a "come-as-you-are" dance. DJs from 'The Scene' will provide a variety of tunes so you can dance with friends and the Adaptive Recreation staff. Refreshments will be served.

Movie Night

WHEN: Monday, November 7
WHERE: The Plaza Theater
TIME: TBD (approximately 6:00-9:00 p.m.)
COST: \$3.00
STAFF/PARTICIPANT RATIO: 1:8
DEADLINE: Friday, November 4
INFO: Mark, 651-793-66341



Join us for an evening out to the movies. The movie is yet to be determined but please note that it will be a 'family friendly' show. We will have more information coming if you are interested in attending. You also can choose to ride together in our van. If so, we will have a central meeting point. Plan on bringing additional money for concessions. Hope to see you at the movie!

Autumn Camping Trip

WHEN: Friday through Sunday, October 7, 8, 9
WHERE: Confidence Learning Center near Brainerd, MN
TIME: Depart early afternoon on Friday
Return early afternoon on Sunday
COST: \$125.00
DEADLINE: Tuesday, September 13
STAFF/PARTICIPANT RATIO: 1:3
INFO: Colleen, 651-793-6561

Register soon!

Enjoy the essence of autumn by taking part in a weekend in the great outdoors at Confidence Learning Center near Brainerd, Minnesota. Each camper will encounter an array of recreational and educational activities. Although we will be staying in cabins, everyone will have the opportunity to participate in many outdoor activities. Camping is a very popular activity and is limited in size, so we recommend that you sign up quickly.

Plan ahead
& register!

Cookie Bake and Take

WHEN: Friday, December 9

OR Friday, December 16

WHERE: Johnson High School

TIME: 6:30 – 9:00 p.m.

COST: \$25.00

DEADLINE: Wednesday, November 30

STAFF/PARTICIPANT RATIO: 1:4

INFO: Colleen, 651-793-6561

Don we now our . . . apron! Join Adaptive Recreation in the kitchen for a Holiday Bake 'Em and Take 'Em Cookie Class. This activity will be held in early December, too close to our Winter Newsletter distribution date, so we're advertising it now. We'll make and bake 8-10 different kinds of cookies, divide them up and take them home. NOTE: BRING A LARGE CONTAINER for your cookies. You may also bring an apron to wear. Choose one of the dates listed on the registration page. This is a very popular activity and may fill before the registration deadline. Do not delay in registering for this "tasty" fun event. .



'Teen Idol' The Bobby Vee Story (a musical)

WHEN: Sunday, October 16

WHERE: History Theater (AD/ASL)

TIME: 2:00 p.m.

COST: \$15.00

DEADLINE: Friday, October 7

STAFF/PARTICIPANT RATIO: 1:6

INFO: Mark, 651-793-6634



Follow Bobby Vee's musical journey. With the crash of Buddy Holly's plane in 1959, a bright new star from Fargo, SD emerged. Fifteen-year-old Bobby Velline performed at the Winter Dance Party in Moorhead, MN the day the music died. Bobby went on to record his first hit single, Suzie Baby, in Minneapolis - and soon would become a teen idol appearing on American Bandstand with Dick Clark. He became an international star who thrilled audiences for more than a decade. Some of his top 40's hits include Devil or Angel, The Night Has A Thousand Eyes, Come Back When You Grow Up Girl and many more. This musical journey includes fellow pop stars like Little Anthony & The Imperials, Ronnie & The Ronettes, Dion, and Del Shannon..

Sports

Archery in the Great OUTDOORS

WHEN: Tuesdays, September 13, 20, 27

WHERE: St. Paul Archery Range

TIME: 6:30 - 8:00 p.m.

COST: \$15.00

STAFF/PARTICIPANT RATIO: 1:3

DEADLINE: Friday, September 9

INFO: Mark, 651-793-6634

Saint Paul has a new outdoor archery range located at Pig's Eye Park, 1200 Warner Road. We will work on the fundamentals of archery including safety practices, parts of the bow and arrow as well as how to shoot. Participants should have basic eye-hand coordination, arm strength enough to pull 25 pounds and the ability to focus on the task at hand. The site is wheelchair accessible and we will supply the equipment for this class.



Archery Lessons (Indoors)

WHEN: Tuesdays, November 1, 8 and 15

WHERE: Bwana Archery

TIME: 7:00 - 8:00 p.m.

COST: \$30.00

STAFF/PARTICIPANT RATIO: 1:3

DEADLINE: Friday, October 21

INFO: Mark, 651-793-6634

Bwana Archery will provide instruction on the fundamentals of the sport, including: parts of the bow and arrow, safety practices and rules, as well as how to shoot. Participants should have basic eye-hand coordination, arm strength enough to pull 25 pounds and the ability to focus on the task at hand.

Sports continued

Adaptive Bowling Fall League

WHEN: Saturdays, September 17 – November 5
No bowling on October 15

WHERE: AMF Saxon Lanes in
Little Canada

TIME: 11:30 a.m.

COST: \$10.00 registration
+ \$5.00 weekly fee

DEADLINE: Monday, September 12

STAFF/PARTICIPANT RATIO: 1:5

INFO: Colleen, 651-793-6561

This league is open to anyone whose primary disability is physical/ambulatory. Bowling ramps are available for participants. We will have volunteer score keepers but each team must provide someone to assist on the lanes. That person will position the bowling ramp and place the bowling ball on the ramp. When registering, indicate the team with which you want to bowl. If you aren't on a team yet, we'll assign you to one. We bowl two games each week. So round up your bowling buddies, join the league and let the good times roll.



Intramural Soccer

WHEN: Tuesdays, October 4 - 25

WHERE: Phalen Recreation Center

TIME: 6:30 - 8:00 p.m.

COST: \$20.00

STAFF/PARTICIPANT RATIO: 1:9

INFO: Mark, 651-793-6634

Our four week Intramural Soccer Program provides an opportunity to learn and play the sport of soccer. It's a great way to be active while enjoying some friendly competition. We'll form teams and play games each week. Soccer will take place indoors but if weather permits, we may take the fun outside.

Midway Pro Bowl League - Fall Session

WHEN: Saturdays, October 1 - December 10
No bowling on November 26

WHERE: Midway Pro Bowl

TIME: Transition Age at 10:00 a.m.

Adults at 10:00 a.m. or 12:30 p.m.

COST: \$15.00 per person + \$4.00 weekly

STAFF/PARTICIPANT RATIO: 1:100

INFO: Mark, 651-793-6634

The Midway Bowling League is for individuals with intellectual disabilities and are ambulatory. We offer two bowling times on Saturdays. Teens and young adults bowl from 10:00 a.m. to noon. All other adults can bowl at 10 a.m. or 12:30 p.m. There are only 24 lanes available for the 12:30 p.m. time slot. The first 24 teams who choose the 12:30 p.m. time slot will bowl in the afternoon. All other adult teams will then bowl in the morning league. The \$15.00 registration fee covers secretary fees and the end-of-the-season banquet. You pay \$4.00 each week for bowling.



Basketball Team

WHEN: Practices:
Tuesdays, December 6 - March
Games: Begin in January

WHERE: Phalen Rec Center

TIME: 6:00 - 9:00 p.m.

Games: Thursdays, schedule to be announced

COST: \$40.00 per individual

STAFF/PARTICIPANT RATIO: 1:9

DEADLINE: Friday, November 25

INFO: Mark, 651-793-6634

The Adaptive Recreation Program will sponsor at least two "B" Division teams in the "Big 6" Basketball League. Here's your chance to register to be on one of those teams. Practices will be held at Phalen Recreation Center on Tuesday evenings beginning December 2. A practice schedule and league game schedule will be handed out when it becomes available. The registration fee includes a team T-shirt.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 No Swimming Pool closed for annual cleaning	2	3 10 AM & 12:30 PM Midway Pro Bowl Summer League
4	5 Labor Day No Activities	6 6:30–8:00 PM Kickball Duluth & Case Rec Center	7 7:00–8:15 PM Mosaic Mix Edgumbe Rec Center	8 7:00–8:00 PM Swim Ex./Open Swim Great River Water Park	9	10 10 AM & 12:30 PM Midway Pro Bowl Summer League ENDS
11	12 7:00–8:00 PM Pickin’ n Grinnin’ Obama Elementary	13 6:30–7:30 PM Archery Outdoors 6:30–8:00 PM Kickball Duluth & Case Rec Center	14 7:00–8:00 PM Bingo Night Hazel Park Rec Center	15 6:45–7:30 PM Swim Lessons 7:30–8:30 PM Swim Ex./Open Swim Great River Water Park	16	17 11:30 AM Adpt. Bowling League Saxon Lanes BEGINS
18	19 6:45–8:00 PM I Can Act El Rio Rec Center	20 6:30–7:30 PM Archery Outdoors 6:30–8:00 PM Kickball Duluth & Case Rec Center	21 7:00–8:15 PM Fantastic Fall Wreath Edgumbe Rec Center	22 6:45–7:30 PM Swim Lessons 7:30–8:30 PM Swim Ex./Open Swim Great River Water Park	23	24 11:30 AM Adpt. Bowling League Saxon Lanes
25	26 7:00–8:00 PM Pickin’ n Grinnin’ Obama Elementary 6:45–8:00 PM I Can Act El Rio Rec Center	27 6:30–7:30 PM Archery Outdoors 6:30–8:00 PM Kickball Duluth & Case Rec Center	28 7:00–8:15 PM Fantastic Fall Wreath Edgumbe Rec Center	29 6:45–7:30 PM Swim Lessons 7:30–8:30 PM Swim Ex./Open Swim Great River Water Park	30	1 10 AM & 12:30 PM Midway Pro Bowl Fall League 11:30 AM Adpt. Bowling League Saxon Lanes
2	3 6:45–8:00 PM I Can Act El Rio Rec Center	4 6:30–8:00 PM Intramural Soccer Phalen Rec Center	5 6:00–8:00 PM Bonfire Night Como Fire Rings	6 6:45–7:30 PM Swim Lessons 7:30–8:30 PM Swim Ex./Open Swim Great River Water Park	7 Camping Trip Camp Confidence Learning Center	8 10 AM & 12:30 PM Midway Pro Bowl Fall League 11:30 AM Adpt. Bowling League Saxon Lanes Camp Confidence
9 Camping Trip Camp Confidence Learning Center	10 7:00–8:00 PM Pickin’ n Grinnin’ Obama Elementary 6:45–8:00 PM I Can Act El Rio Rec Center	11 6:30–8:00 PM Intramural Soccer Phalen Rec Center	12 7:00–8:15 PM Bonanza of Beads Edgumbe Rec. Center	13 6:45–7:30 PM Swim Lessons 7:30–8:30 PM Swim Ex./Open Swim Great River Water Park	14	15 10 AM & 12:30 PM Midway Pro Bowl Fall League
16 2:00 PM “Teen Idol” The Bobby Vee Story (a musical) History Theater	17 6:45–8:00 PM I Can Act El Rio Vista Rec Center	18 6:30–8:00 PM Intramural Soccer Phalen Rec Center 7:00–8:00 PM Bingo Night Hazel Park Rec Center	19 7:00–8:15 PM Bonanza of Beads Edgumbe Rec. Center	20 6:45–7:30 PM Swim Lessons 7:30–8:30 PM Swim Ex./Open Swim Great River Water Park	21	22 10 AM & 12:30 PM Midway Pro Bowl Fall League 11:30 AM Adpt. Bowling League Saxon Lanes
23	24 7:00–8:00 PM Pickin & Grinnin Obama Elementary 6:45–8:00 PM I Can Act El Rio Vista Rec Center	25 6:30–8:00 PM Intramural Soccer Phalen Rec Center	26 7:00–9:00 PM Halloween Dance Merriam Park	27 7:00–8:00 PM Swim Ex./Open Swim Great River Water Park	28	29 10 AM & 12:30 PM Midway Pro Bowl Fall League 11:30 AM Adpt. Bowling League Saxon Lanes

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 7:00 – 8:00 PM Archery Lessons Bwana Archery	2	3 7:00 – 8:00 PM Swim Ex./Open Swim Great River Water Park	4	5 10 AM & 12:30 PM Midway Pro Bowl Fall League 11:30 AM Adaptive Bowling League ENDS
6	7 Time TBA Movie Night The Plaza	8 7:00 – 8:00 PM Archery Lessons Bwana Archery	9 7:00 – 8:15 PM Holiday Crafts Edgumbe Rec. Center	10 7:00 – 8:00 PM Swim Ex./Open Swim Great River Water Park	11	12 10 AM & 12:30 PM Midway Pro Bowl Fall League
13	14 7:00 – 8:00 PM Pickin & Grinnin Obama Elementary	15 7:00 – 8:00 PM Archery Lessons Bwana Archery	16 7:00 – 8:15 PM Holiday Crafts Edgumbe Rec. Center	17 7:00 – 8:00 PM Swim Ex./Open Swim Great River Water Park	18	19 10 AM & 12:30 PM Midway Pro Bowl Fall League
20	21 7:00 – 8:00 PM Yoga El Rio Vista Rec. Center	22	23	24 Thanksgiving No Activities	25 Thanksgiving No Activities	26
27	28 7:00 – 8:00 PM Pickin & Grinnin Obama Elementary 7:00 – 8:00 PM Yoga El Rio Vista Rec. Center	29 7:00 – 8:00 PM Bingo Night Hazel Park Rec Center	30 7:00 – 8:15 PM Holiday Crafts Edgumbe Rec. Center			



Transportation Policy

You must be a resident of St. Paul to ride in our vans. Ride reservations are on a first come-first served basis. Pick-up locations are limited to four (4) sites – based on daily customer requests. Requests must be made the day of the activity, between the hours of 9 a.m. and 3 p.m. For weekend activities, call before 3 p.m. on the preceding Friday. The cost for a van ride is \$3 per activity.

To register for a ride:

1. Call 651-793-6635. This number might go directly to voice mail. You must use this phone number. It is the only phone line that the drivers can access. If you leave a message on other voice mail, you may not get a ride.
2. Leave a message with name, address, phone number and activity you will attend. The driver will call after 3 p.m. with the pick-up time.

No standing ride requests will be honored. Participants are encouraged to use alternate means of transportation. For information, call the Adaptive Recreation Office.

PLEASE NOTE: On occasion, due to unforeseen circumstances, we may not be able to provide transportation. If so, all riders will be notified as soon as possible and we apologize for any inconvenience.

Adaptive Recreation Registration

FALL 2016 (September, October, November)

One form per person. Please fill out BOTH SIDES of this form and return the entire page. Check the program(s) you would like to register for.

✓ choice	ACTIVITY / CLASS	SPECIAL INFO	COST
	Class: I Can Act Drama Class		\$30.00
	Class: Bonanza of Beads		\$10.00
	Class: Holiday Crafts		\$25.00
	Class: Yoga		\$30.00
	Class: Swim Lesson @ Great River Water Park	For individuals with cognitive disabilities. \$4 weekly fee payable @ pool.	\$15.00
	Open Swim/Swim Exercise	Register with this form. Pay fee at the door.	\$4.00
	Pickin' n Grinnin'	Register with this form. Pay fee at the door.	\$1.00
	Special Event: Bingo Night	Wednesday, September 14	\$4.00
	Special Event: Bingo Night	Tuesday, October 18	\$4.00
	Special Event: Bingo Night	Tuesday, November 29	\$4.00
	Special Event: Halloween Dance	Wednesday, October 26	\$5.00
	Special Event: Bonfire Night	Wednesday, October 5	\$8.00
	Special Event: Autumn Camping Trip	October 7-9	\$125.00
	Special Event: Cookie Bake and Take	Friday, December 9	\$25.00
	Special Event: Cookie Bake and Take	Friday, December 16	\$25.00
	Special Event: "Teen Idol" Bobby Vee Musical	Sunday, October 16 (support staff also pays)	\$15.00
	Special Event: Movie Night	Monday, November 7	\$3.00
	Sports: Intramural Soccer		\$20.00
	Sports: Midway ProBowl 10:00 am	For individuals with cognitive disabilities \$4 weekly fee payable at the lanes	\$15.00
	Sports: Midway ProBowl 12:30 pm	For individuals with cognitive disabilities \$4 weekly fee payable at the lanes	\$15.00
	Sports: Adaptive Bowling @ Saxon Lanes	For individuals with physical disabilities \$5 weekly fee payable at the lanes	\$10.00
	Sports: Archery Outdoors		\$15.00
	Sports: Archery Indoors		\$30.00
	Sports: Basketball Team	Shirt size _____	\$40.00
	Newsletter by email	Email address _____	FREE
	Donation for Postage and Printing	THANK YOU!	\$____.____
	Ride Coupons – pack of 10		\$30.00

We can no longer accept money orders or cashier's checks.

Participant's Name: _____ (complete info on reverse side as well)

Write only one check, payable to: City of Saint Paul

Mail this form with payment to:

Adaptive Recreation • 1000 E. Wheelock Parkway • Saint Paul, MN 55106

Enclosed is Check Number _____

Total Amount Enclosed \$ _____



Adaptive Recreation
 1000 E. Wheelock Parkway
 Saint Paul, MN 55106

An Affirmative Action Equal Opportunity Employer

www.stpaul.gov/parks



PLEASE PRINT CLEARLY Mail check and completed form to address below. One form per person, please. Check here if new address

PARTICIPANT'S NAME			BIRTHDATE / AGE (optional)		
ADDRESS			CITY		ZIP
PHONE	HOME	WORK	CELL		
EMAIL ADDRESS			DISABILITY		
SPECIAL INFORMATION (seizures, allergies, diet, behaviors, etc.)					
PARENT / GUARDIAN					
PHONE	HOME	WORK	CELL		
EMERGENCY CONTACT			RELATIONSHIP		
PHONE	HOME	WORK	CELL		

**Refunds are subject to an administrative charge unless the program is canceled.
 See Registration Policy on page 3. To request a refund, contact the Adaptive Recreation Office.**

I, the undersigned, understand participation in this activity is completely voluntary and the activity is being offered for the benefit of the participant. The City shall not be liable for any claims, injuries or damages, of whatever nature, incurred by the participant due to the passive or active negligence of the City, its agents or employees, arising out of or connected with, the activity. On behalf of myself and the participant, I expressly forever release and discharge the City, its agents or employees from any such claims, injuries or damages.

For publicity purposes only, pictures may be taken at activities. Clients, if identified at all, would only be identified by first name.

Please initial one of the following:

_____ I give my permission for my child/client to be photographed at Adaptive Recreation Activities.

_____ I do not want my child/client photographed at Adaptive Recreation Activities.

 SIGNATURE OF PARENT / GUARDIAN OR PARTICIPANT DATE