



ADAPTIVE RECREATION

Winter Programs - December 2018, January & February 2019



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

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ADAPTIVE RECREATION CONTACTS

Adaptive Recreation Office
and Ride Requests 651-793-6635
Mark Toupal 651-793-6634
mark.toupal@ci.stpaul.mn.us
Colleen Tusa 651-793-6561
colleen.tusa@ci.stpaul.mn.us

Like 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 for 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 get the newsletter via email. The emailed version 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 by 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 your registration or bring it to the Adaptive Recreation Office. At times we are away from the office for meetings or activities — if you plan to stop by our office to drop off your registration, please call in advance or put registration in mail box outside of our office.

Newsletter by U.S. Postal Service/Donation

You can receive the ARCH newsletter via regular mail. 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

'Tis is the season of many Holidays! The Adaptive Recreation Office will be closed on the following dates: December 25, January 1 and 21, and February 18. No activities will be held on those dates. Our office hours fluctuate daily. We do not have a receptionist and at times we are away from the office. Please call in advance if you plan to stop by our office.

Weather Policy

The Adaptive Recreation Program staff realizes that weather can be a concern for our participants. 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. If no message is left, activities are on as scheduled. 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.

Participant Wellness

Not feeling well? In the consideration of your health as well as the health of others, and to speed up your recovery time, please refrain 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, etc. Stay home, rest and you'll be better and back to enjoy Adaptive Recreation activities in no time. Thank you for understanding! Be well.

Ride Coupons

Riders must pay \$1.50 each way (\$3 per evening) to ride in the Adaptive Recreation van. We offer coupons in packets of 10 for \$30. A Ride Coupon Option is listed on the registration form.

VOLUNTEER with Adaptive Recreation!

The Adaptive Recreation calendars for the upcoming months include opportunities to support Adaptive Recreation's goal in providing quality leisure programs through volunteering. Please call the office if interested or for more information. Current volunteer opportunities include:

ARTS & CRAFTS ASSISTANTS: Assist with craft programs that provide participants an opportunity to explore their artistic imagination. As a volunteer, you will work on a small group or individualized basis with participants encouraging creativity, basic skills of the craft, promoting development of fine motor skills as well as providing support to participants that may be having difficulty with their project. Interested individuals are invited to join us for 'Let's Draw and Paint' which begins in January and / or 'Think Spring' crafts taking place in February and March. Location: Edgcombe Recreation Center, Time: 6:45- 8:15pm

BASKETBALL GAME SCORE KEEPERS: Keep score for the "Big Six" Basketball League. Volunteer Score Keepers are responsible for keeping score, calling in subs, working with the referees and interacting with team members and coaches. Contact Mark @ 651-793-6634 and check our calendars to see when the games will be held.

BINGO NIGHT ASSISTANTS: As a volunteer, you will assist bingo players with bingo cards and prizes. Dates: Thursday, December 20th, Tuesday, January 8th and Monday, February 4th. Location is Hazel Park Recreation Center. Time: 7- 8pm.

REGISTRATION GUIDELINES

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

Residents: City of Saint 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.

Non-Residency Fee: Saint Paul Parks and Recreation began applying a new fee structure in 2017. A non-resident fee was added to most activities for those who are not residents of Saint Paul. This policy is necessary to maintain existing quality levels for Saint Paul residents and to meet demands for new and expanded services. The plan for non-resident fees to be implemented to the Adaptive Recreation programs is January 1, 2018. Please contact Adaptive Recreation with questions/concerns.

Deadlines: Many Adaptive Recreation activities are popular and may fill before the deadline dates. DEADLINE dates for registrations are often noted in the newsletter articles. We encourage you to register EARLY to avoid missing out on the fun!

Group Home Policy: For activities with limited registration: To allow equal opportunity to participate in activities and prevent any one resident from dominating our programs, only two participants from the same address may attend. These participants can individually select programs of interest and socially interact with peers whom they don't normally meet or live with. If space is available after the registration deadline date of a program, we may allow more residents into that program. However, until that has been established, we are unable to accept more than two individuals into the same session.

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: ONLY if the class registration has filled or a class has been canceled, will you be contacted by phone (and voice mails will be left). A credit may be added to your account.

Credit on your Account: If you feel you have a credit on your account due to an over payment or canceled event, please contact the Adaptive Recreation office with a request to check for you.

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.

Payment Plan: If you are unable to pay the program registration fees, contact the Adaptive Recreation office to discuss an alternate payment plan.

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 who arrive early or are left waiting for transportation after the scheduled activity ends. Please plan accordingly - have rides sets up to be on time.

Integration/Inclusion Opportunities: Inclusion allows individuals who have disabilities the opportunity 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 by the City of St. Paul. To ensure a safe, positive inclusion experience, Adaptive Recreation staff will have a discussion with each participant and their parents/guardians to get to know the participant's desires, abilities and needs prior to the beginning of the program.

Attending Special Events: For all activities that require a purchased ticket, (movie night, musicals, boat rides etc.) ALL staff/ guardians/ parents MUST register and purchase a ticket. Please INCLUDE staff/ guardian/ parent payment with registration of participant(s).

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

With sadness, we are sharing with you that we lost one of our wonderful, dedicated and longest employed Adaptive Recreation staff members, Denise Bailey. Denise passed away last month after a strong fight with cancer. Her artistic talents along with her love of people, nature, and all her animals shined through every day. Her friendship, inspiration and talents will be greatly missed. Peace and blessings.



Classes & Activities

Let's Draw and Paint

WHEN: Wednesdays, January 2 – 30

WHERE: Edgcumbe Rec Center

TIME: 7:00 – 8:15 p.m.

COST: \$25.00

STAFF/PARTICIPANT RATIO: 1:5

DEADLINE: Friday, December 14

INFO: Colleen, 651-793-6561



We hope this class will spark your creative painting and drawing energies and skills. We will use a variety of paints, pencils, different sized papers and stretched canvas to make unique pieces of art. Let's share and enjoy some of our artistic inspirations.

Valentine Craft One Day Project

WHEN: Saturday, February 9

WHERE: Edgcumbe Rec Center

TIME: 1:30 – 2:45 p.m.

COST: \$10.00

STAFF/PARTICIPANT RATIO: 1:4

DEADLINE: Friday, February 1

INFO: Colleen, 651-793-6561



You may have a special someone who deserves a special Valentine's gift. It could be a sweetheart, friend, parent, grandparent, teacher or just a good buddy. This craft activity will allow you to create unique gifts to give as Valentine's presents. We can't tell you too much about the project . . . just in case the person you want to give it to reads the newsletter, too. Be assured that it will be a creation that will have your own personal touch – a gift to be treasured. This is a one-day craft activity.



"Think Spring" Craft Class

WHEN: Wednesdays, February 20- March 27

WHERE: Edgcumbe Rec Center

TIME: 7:00 - 8:15 p.m.

COST: \$30.00

STAFF/PARTICIPANT RATIO: 1:5

DEADLINE: Friday, February 8

CONTACT: Colleen 651-793-6561

Let the anticipation of spring inspire you and get you crafting. Join us for a craft class that focuses on projects that make you think of warmer weather, green grass, flowers and fun.

Yoga Dance and Drums

WHEN: Mondays, February 25- April 2

WHERE: El Rio Vista Rec. Center

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

COST: \$35.00

STAFF/PARTICIPANT RATIO: 1:6

INFO: Colleen, 651-793-6561

Our favorite Yoga instructor, Marjorie, will lead this very fun class! Stretch, move and release stress! We will do basic yoga postures; learn gentle dance movements along with drumming to music from around the world. Each class will end with deep relaxation. This class is for all body types and no experience is necessary. Be sure to wear comfortable clothing that allows for stretching and bring your own mat if you have one.



Ongoing Activities

Pickin' 'N' Grinnin'

WHEN: Mondays, December 10,
January 14, 28, February 11, 25
WHERE: Obama Elementary
TIME: 7:00 – 8:00 p.m.
COST: \$1 per person (drop-in/pay at door)
STAFF/PARTICIPANT RATIO: 1:30
INFO: Colleen, 651-793-6561

Pickin' 'n' Grinnin' is an old-fashioned group sing-along 'Jam Session'...with a lot of added fun! We have rhythm instruments available to use and there is room for dancing. We meet the 2nd and 4th Mondays of each month, except on holidays and/or school breaks. Come sing, dance and jam with us.



Open Swim/Swim Exercise

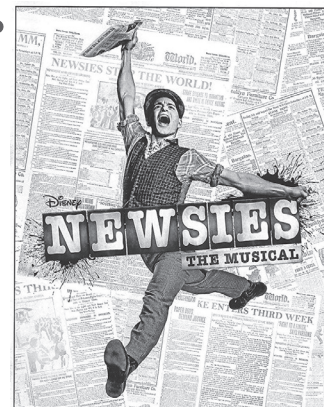
WHEN: Thursdays, December 6– February 28
WHERE: Great River Water Park
TIME: 7:00 – 8:00 p.m.
COST: \$4.00 per evening (drop-in/pay at pool)
STAFF/PARTICIPANT RATIO: 1:12
CONTACT: 651-793-6635

Make a splash with Adaptive Recreation's Swim Nights! During this activity, the pool is reserved for the Adaptive Recreation program for the entire hour. If enough participants are interested, a group exercise class will take place during the first ½ hour and will be 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!

Special Events

Newsies, a Musical

WHEN: Sunday, January 20
WHERE: Maplewood Community Center Theater
TIME: 2:00 p.m.
COST: \$20.00
DEADLINE: Friday, January 4
STAFF/PARTICIPANT RATIO: 1:5
INFO: Mark, 651-793-6634



Set in New York City at the turn-of-the century, and based on a true story, Newsies is the rousing tale of Jack Kelly, a charismatic newsboy and leader of a group of teenaged "newsies" who dreams of a better life far from the hardship of the streets. When titans of publishing raise distribution prices at the newsboys' expense, Jack rallies all newsies from across the city to strike against the unfair conditions and fight for what's right! Join us for this Disney Theatrical Productions stage musical!

Special Events continued

Bingo Nights

WHEN: Thursday, December 20,
Tuesday, January 8,
Monday, February 4

WHERE: Hazel Park Recreation Center

TIME: 7:00 – 8:00 p.m.

COST: \$4.00 per night (extra card \$1.00)

STAFF/PARTICIPANT RATIO: 1:8

INFO: Colleen, 651-793-6561



Movie Nights

WHEN: Monday, December 17,
Tuesday, January 15, and
Wednesday, February 13

WHERE: The Plaza Theater

TIME: TBD (approximately 6:00 -8:00 p.m.).

COST: \$3.00

STAFF/PARTICIPANT RATIO: 1:8

DEADLINE: Monday, December 10

INFO: Mark, 651-793-6634



Join Adaptive Recreation for an evening of low-key competition and fun. Staff and parents are welcome to stay and assist at no charge. 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.

Join us for one or all three evenings out to the movies. The movies are yet to be determined but please note that they will be 'family friendly' shows. Please plan on bringing additional money for concessions. Hope to see you at the movies!

Press Start, a Musical

WHEN: Sunday, February 17

WHERE: Maplewood Community Center Theater

TIME: 2:00 p.m.

COST: \$20.00

DEADLINE: Friday, February 1

STAFF/PARTICIPANT RATIO: 1:5

INFO: Mark, 651-793-6634



Press Start transports us inside the bright, pixelated world of video games! When the famous characters we know and love run out of lives, they decide to put on a musical fundraiser that will help them raise gold rings and play on. Through hilarious and heartfelt musical numbers, we see the heroes, villains, and sidekicks like we've never seen them before. But when things go terribly awry, it's the quiet sidekick Little Mushroom who must find the hero within to help save the day!

Build, Bake and Eat Pizza

WHEN: Tuesday, March 19

WHERE: El Rio Vista Recreation Center

TIME: 6:30 – 8:30 p.m.

COST: \$12.00

STAFF/PARTICIPANT RATIO: 1:5

INFO: Colleen, 651-793-6561



Get together with friends and combine all your favorite ingredients on a designer pizza. Come prepared for a good time, good eats and some pizza trivia. Salad and beverage will also be served. Registration is required and limited.

Special Events continued

Winter Camping Trip

WHEN: Friday-Sunday, March 8, 9, 10

WHERE: Confidence Learning Center
near Brainerd, MN

TIME: Depart early afternoon on Friday (1 pm)
Return early afternoon on Sunday (2 pm)

COST: \$125.00

STAFF/PARTICIPANT RATIO: 1:5

DEADLINE: **Monday, February 4**

INFO: Mark, 651-793-6634

Register Soon!



Enjoy a weekend in the great outdoors at Confidence Learning Center, near Brainerd, MN. Each camper will encounter an array of recreational and educational activities. We will be staying in cabins and will have opportunities to participate in a variety of outdoor winter activities. This is a very popular event, is limited in size and may fill before deadline date; we recommend that you sign up quickly.

Sports

Sun Ray Bowl Leagues

WHEN: Saturdays, January 26- March 30

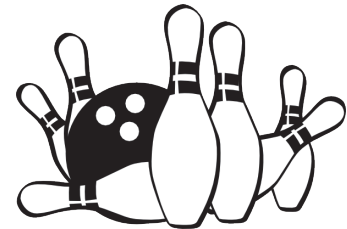
WHERE: Sun Ray Bowl

TIME: Transition Age at 10:00 a.m.
Adults at 10:00 a.m. or 12:00 p.m.

COST: \$15.00 per person plus \$5.00 weekly fee

STAFF/PARTICIPANT RATIO: 1:100

INFO: Mark, 651-793-6634



The Sun Ray Bowling League is for individuals with intellectual disabilities. Everyone bowls two games and we offer two bowling times. Teens and young adults bowl from 10:00 a.m. to noon. All other adults can bowl at 10 a.m. or 12:00 p.m. There are only 24 lanes available for the 12:00 p.m. time slot. The first 24 teams who choose the 12:00 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 \$5.00 each week for bowling.

Basketball Co-Ed Teams

WHEN: Practices: Tuesday, December 4 – March

Games: Begin in January

WHERE: Phalen Rec. Center

TIME: Practices: 6:00 – 9:00 p.m.

Games: Thursdays, schedule to be announced

COST: \$40.00 per individual

STAFF/PARTICIPANT RATIO: 1:9

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 4th. A practice schedule and league game schedule will be handed out when it becomes available. The registration fee includes a team T-shirt so mark your size on the registration form.

Sports

Adaptive Recreation TEAM Basketball Leagues

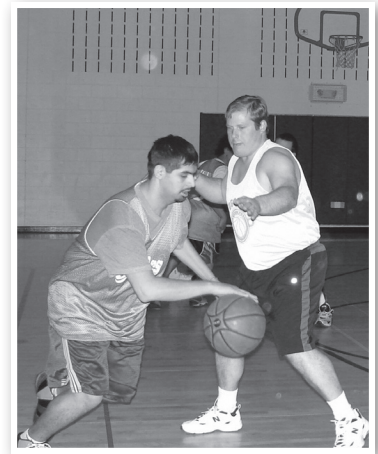
WHEN: A Division: Tuesday evenings
 Games: Beginning January 22
B Division: Thursday evenings
 Games: Beginning January 24

WHERE: A Division – Merriam Park
 B Division – Phalen Recreation Center

TIME: Varies according to schedule

COST: TEAM registration fee:
 A Division - \$100.00 per team
 B Division - \$75.00 per team

INFO: Mark, 651-793-6634



The City of Saint Paul is accepting TEAM Registration for the 2019 Adaptive Recreation Basketball League. The A Division is intended for those teams whose members have a thorough understanding of the basketball rules as set forth by the National Federation. The B Division is intended for those teams whose members have a basic understanding of the basketball rules as set forth by the National Federation but lack the experience or ability necessary to compete in the A Division. All teams will be evaluated during the first week of play to ensure that they are appropriately placed. League officials reserve the right to reassign teams and/or individuals to ensure that all participants play in the Division that is appropriate for their skill level. For more information contact Mark at the number listed above. TEAM registrations should be sent to the Adaptive Recreation Office. See the Registration Page to enroll your TEAM.

ACTIVITY LOCATIONS

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

Edgcumbe 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
Griggs Recreation Center	1188 Hubbard Ave. ~ 55104	298-4393
Hazel Park Recreation Center	945 N. Hazel Ave. ~ 55119	501-6350
Johnson High School	1349 Arcade Street ~55106	293-8890
Lakeshore Players Theater	4941 Long Ave ~55110	429-5674
Maplewood Community Center	2100 White Bear Ave ~55109	747-0922
Merriam Park Recreation Center	2000 St. Anthony ~ 55104	298-5766
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
Sun Ray Pro Bowl	2245 Hudson Road ~55119	735-3222

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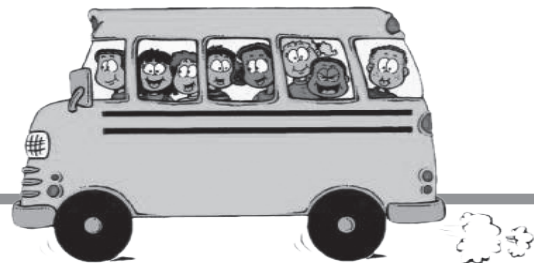
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:00 AM & 12:00 PM Sun Ray Lanes Bowl League
2	3	4 6:30-8:30PM Basketball Practice Phalen Rec Center	5 7:00 – 8:15 PM Holiday Crafts Edgcombe Rec. Center	6 7 – 8 PM Swim Ex./Open Swim Great River Water Park	7 6:30 - 9:00 PM Cookie Bake and Take Johnson High School (Registration is full)	8 10:00 AM & 12:00 PM Sun Ray Lanes Bowl League
9 2:00 PM It's a Wonderful Life Lakeshore Players Theater (Registration is full)	10 7:00 – 8:00 PM Pickin' & Grinnin' Obama Elementary	11 6:30-8:30PM Basketball Practice Phalen Rec Center	12 7:00 – 8:15 PM Holiday Crafts Edgcombe Rec. Center	13 7 – 8 PM Swim Ex./Open Swim Great River Water Park	14 6:30 - 9:00 PM Cookie Bake and Take Johnson High School (Registration is full)	15 10:00 AM & 12:00 PM Sun Ray Lanes Bowl League
16	17 Time TBA Movie Night Plaza Theater	18 6:30-8:30PM Basketball Practice Phalen Rec Center	19 7:00 – 8:15 PM Holiday Crafts Edgcombe Rec. Center (ends)	20 7 – 8 PM Swim Ex./Open Swim Great River Water Park 7 – 8 PM Bingo Night Hazel Park Rec Center	21	22 10:00 AM & 12:00 PM Sun Ray Lanes Bowl League
23	24 No Activities Office/Schools Closed	25 No Activities	26 No Activities	27 7 – 8 PM Swim Ex./Open Swim Great River Water Park	28	29 10:00 AM & 12:00 PM Sun Ray Lanes Bowl League
30	31 No Activities	1 No Activities Office/Schools Closed	2 7:00-8:15 PM Let's Draw and Paint Edgcombe Rec Center	3 7 – 8 PM Swim Ex./Open Swim Great River Water Park	4	5 10:00 AM & 12:00 PM Sun Ray Lanes Bowl League (Ends)

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6	7	8 6:30-8:30PM Basketball Practice Phalen Rec Center 7:00-8:00 PM Bingo Night Hazel Park Rec Center	9 7:00-8:15 PM Let's Draw and Paint Edgcombe Rec Center	10 7 – 8 PM Swim Ex./Open Swim Great River Water Park	11	12
13	14 7:00-8:00 PM Pickin' n Grinnin' Obama Elementary	15 NO 'B' Basketball Time TBA Movie Night Plaza Theater A Division Basketball	16 7:00-8:15 PM Let's Draw and Paint Edgcombe Rec Center	17 7:00 - 8:00 PM Swim Ex./Open Swim Great River Water Park	18	19
20 2:00 PM Newsies, a musical Maplewood Community Center	21 Martin Luther King, Jr. Day No Activities Office Closed	22 6:30-8:30 PM Basketball Practice Phalen Rec. Center A Division Basketball	23 7:00-8:15 PM Let's Draw and Paint Edgcombe Rec Center	24 B Division Basketball Games Phalen Rec. Center 7:00 - 8:00 PM Swim Ex./Open Swim Great River Water Park	25	26 10:00 AM & 12:00 PM Sun Ray Lanes Bowl League (Starts)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28 7:00-8:00 PM Pickin' n Grinnin' Obama Elementary	29 6:30-8:30 PM Basketball Practice Phalen Rec. Center A Division Basketball	30 7:00-8:15 PM Let's Draw and Paint Edgcumbe Rec Center	31 B Division Basketball Games Phalen Rec. Center 7:00 -8:00 PM Swim Ex./Open Swim Great River Water Park	1	2 10:00 AM & 12:00 PM Sun Ray Lanes Bowl League
3	4 7:00-8:00 PM Bingo Night Hazel Park Rec Center	5 6:30-8:30 PM Basketball Practice Phalen Rec. Center A Division Basketball	6	7 B Division Basketball Games Phalen Rec. Center 7:00 -8:00 PM Swim Ex./Open Swim Great River Water Park	8	9 10:00 AM & 12:00 PM Sun Ray Lanes Bowl League 1:30-2:45 PM Valentine Craft Edgcumbe Rec Center
10	11 7:00-8:00 PM Pickin & Grinnin Obama Elementary	12 6:30-8:30 PM Basketball Practice Phalen Rec. Center A Division Basketball	13 Time TBA Movie Night Plaza Theater	14 B Division Basketball Games Phalen Rec. Center 7:00 -8:00 PM Swim Ex./Open Swim Great River Water Park	15	16 10:00 AM & 12:00 PM Sun Ray Lanes Bowl League
17 2:00 PM Press Start, a musical Maplewood Community Center	18 Presidents' Day No Activities Office Closed	19 6:30-8:30 PM Basketball Practice Phalen Rec. Center A Division Basketball	20 7:00-8:15 PM "Think Spring" Craft Class Edgcumbe Rec Center	21 B Division Basketball Games Phalen Rec. Center 7:00 -8:00 PM Swim Ex./Open Swim Great River Water Park	22	23 10:00 AM & 12:00 PM Sun Ray Lanes Bowl League
24	25 7:00-8:00 PM Pickin & Grinnin Obama Elementary 7:00-8:00 PM Yoga Dance, and Drums El Rio Vista Rec Center (starts)	26 6:30-8:30 PM Basketball Practice Phalen Rec. Center A Division Basketball	27 7:00-8:15 PM "Think Spring" Craft Class Edgcumbe Rec Center	28 B Division Basketball Games Phalen Rec. Center 7:00 -8:00 PM Swim Ex./Open Swim Great River Water Park		

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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 the day of the activity. 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

WINTER (December, January, February) 2018-2019

✓ choice	ACTIVITY / CLASS	SPECIAL INFO	COST
	Class: Let's Draw and Paint		\$25.00
	Class: 'Think Spring' Crafts		\$30.00
	Class: Valentine Craft Day	SATURDAY, February 9	\$10.00
	Class: Yoga Dance and Drums		\$35.00
	Pickin' n' Grinnin' Music Nights	Register with this form. Pay fee at the door	\$1.00
	Open Swin/Swim Exercise	Register with this form. Pay fee at the door.	\$4.00
	Special Event: Winter Camping Trip	March 8, 9, 10	\$125.00
	Special Event: Newsies, a musical	SUNDAY, January 20 (ALL support staff must register and pay ticket price)	\$20.00
	Special Event: Press Start, a musical	SUNDAY, February 17 (ALL support staff must register and pay ticket price)	\$20.00
	Special Event: Movie Night	MONDAY, December 17 (ALL staff pay)	\$3.00
	Special Event: Movie Night	TUESDAY, January 15 (ALL staff pay)	\$3.00
	Special Event: Movie Night	WEDNESDAY, February 13 (ALL staff pay)	\$3.00
	Special Event: Bingo Night	THURSDAY, December 20	\$4.00
	Special Event: Bingo Night	TUESDAY, January 8	\$4.00
	Special Event: Bingo Night	MONDAY, February 4	\$4.00
	Special Event: Build, Bake and Eat Pizza	TUESDAY, March 19	\$12.00
	Sports: Basketball Team	Shirt size _____	\$40.00
	Sports: A Division TEAM Basketball League fee		\$100.00
	Sports: B Division TEAM Basketball League fee		\$75.00
	Newsletter by email	Email Address _____	FREE
	Donation for Postage and Printing	THANK YOU!	\$____.____
	Ride Coupons – pack of 10		\$30.00

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

Make checks payable to: City of Saint Paul. Check Number _____ Total Amount Enclosed \$ _____

**Please fill out BOTH SIDES of this form and return the entire page. One form per person. Mail with payment to:
Adaptive Recreation • 1188 Hubbard Ave. • Saint Paul, MN 55104**

Unfortunately, we can no longer accept money orders.



Adaptive Recreation
 Saint Paul Park and Recreation
 1188 Hubbard Avenue
 Saint Paul, MN 55104
 www.stpaul.gov/parks
 AA-ADA-EEO



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 ☎ PLEASE LIST 2			
EMAIL ADDRESS			
DISABILITY / SPECIAL INFORMATION (seizures, allergies, diet, behaviors, etc.)			
PARENT / GUARDIAN			
PHONE ☎ PLEASE LIST 2			
EMERGENCY CONTACT		RELATIONSHIP	
PHONE ☎ PLEASE LIST 2			
PERSON WHO IS FILLING OUT THIS REGISTRATION FORM			
PHONE ☎			

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