

SPECIAL POPULATIONS discovering ABILITIES

PROGRAMS AND EVENTS

Special Needs Talent Show

Saturday, March 13

Come show off your talents. Can you dance, sing, tell jokes, play an instrument or recite a poem? Show off your special talent at our first Talent Show. This event is designed for children, young adults and adults with special needs. You must register in advance. Application forms and guidelines will be available at the Kettering Recreation Complex after February 1 and need to be turned in by March 10. Each participant will receive a participation award. This event is free and open to the public. For more information, call Nicole Shellabarger at 296-2587.



NEW!

Camp Discovery and Jr. Discovery

Jr. Discovery is for campers ages 7-14 years

Camp Discovery is for young adults ages 15-21 years

Camp Discovery and Jr. Discovery are day camps that focus on improving the social and communication skills of children and young adults with special needs through fun summer activities. Campers will participate in a variety of activities including swimming, fishing, community field trips, art projects and much more. Camp will run 7 weeks, Monday – Friday, June 14 - July 30, 9 a.m. - 3 p.m. Both camps will have a 4:1 ratio camper to counselor. Call Nicole Shellabarger at 296-2587 for application form.

GENERAL INFORMATION

WOULD YOU LIKE TO HELP?

At the very heart of our Access to Recreation program is our group of leisure assistants serving in various capacities. If you would like to offer support so that individuals with disabilities may participate fully in recreation and leisure activities in our community, please call the Volunteer Resources Manager at 296-2433. Remember, there is still much to be done in providing activities for people with disabilities. You can make a difference.

Special Populations Monthly Special Events

Ages: 8+ years with mental retardation and/or developmental disabilities.

Join us each month for a different special event planned just for you. The events will provide you with the opportunity to interact with old friends and make new ones. For more information including date, time and fees, contact Nicole Shellabarger at 296-2587 or check out www.ketteringoh.org

FITNESS

Fitness Room Orientation For People With Disabilities

We recognize the need for physical fitness for all our citizens. Fitness room orientations for people with physical disabilities may be arranged by calling 296-2587 (Kettering Recreation Complex) or 293-4348 (Kettering Fitness & Wellness Center). Appointments are required. The fee for an orientation is \$25 for residents and \$37.50 for non-residents and may be applied toward the purchase of an annual pass. The orientation covers use of hand mitts, adapted stretching, strength, movement, transfers and concepts dealing with adaptive fitness programs. For more information, call the Kettering Recreation Complex at 296-2587.

Adaptive Par Course Fitness Trail

A par course/fitness trail is convenient for senior adults and individuals with physical limitations. The paved path, which includes fitness stations that can be used by everyone, is perfect for wheelchairs and those interested in physical and cardiovascular fitness. The par course is located around the paved jogging track at Ernst Park, 1030 E. David Road. Requested by Mr. Russell Polen, the Kettering Parks Foundation donated the par course through a contribution from the Kettering Medical Center.

A Playground for All

The Playground for All, located in Indian Riffle Park, 2801 E. Stroop Road, allows children with disabilities to play alongside their peers. The innovative playground was funded in part by the Kettering Parks Foundation.

The playground consists of a large deck area featuring a six-foot double slide with steps on either side to allow a parent to assist a child as needed on the way down. Paths leading to the play equipment are paved, and runways between pieces of equipment are wide enough for wheelchairs. A child in a wheelchair can pull himself along the runways and up to play equipment such as talk tubes, a tic-tac-toe game, bubble windows and slides. A special swing enables a child to experience the thrill of swinging without leaving his wheelchair.

Reminder: If you would like information about upcoming Special Populations programs and events, please help us update our records and send us your e-mail address.

Gift Certificates

A great idea for any occasion! Purchase gift certificates for most Parks, Recreation and Cultural Arts programs. Purchase certificates at any recreation facility.