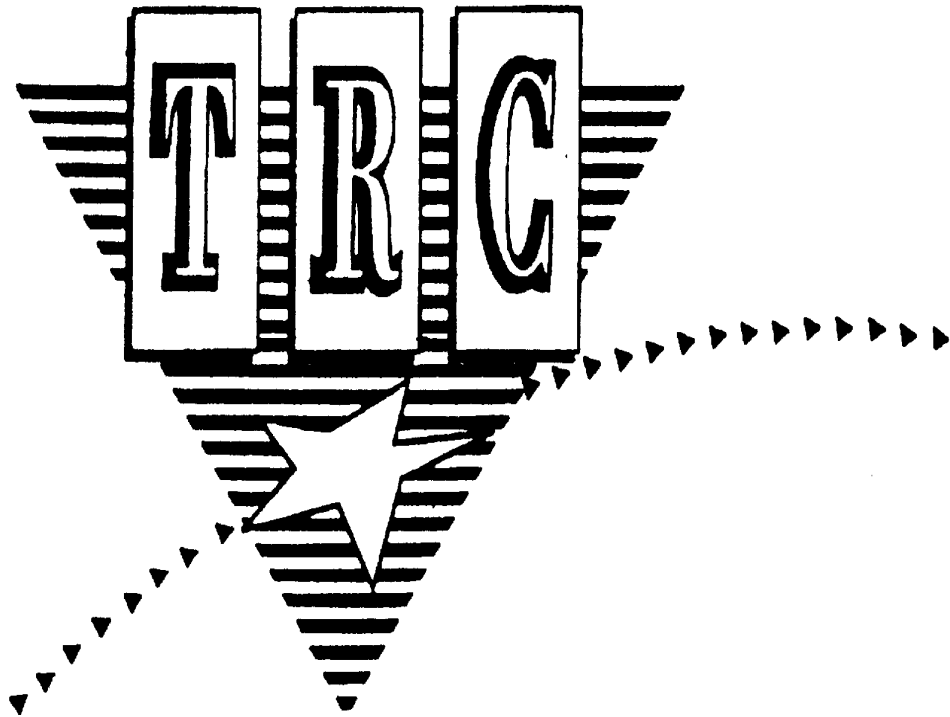


**MONTGOMERY THERAPEUTIC
RECREATION CENTER
SPRING BROCHURE
JANUARY 2, 2015 - May 30, 2015**

TURNING DISABILITIES INTO WINDOWS OF OPPORTUNITIES!



“THE BENEFITS ARE ENDLESS”

GENERAL INFORMATION

Hours of Operation: The TRC is open the following times:

Monday, Tuesday, Thursday	8:00am to 7:00pm
Wednesday, Friday	8:00am to 5:00pm
Saturday	9:00am to 12:00pm

City Holidays: The TRC will be closed the following holidays:

MLK Holiday - Mon, January 19, 2015 President's Day - Mon, February 16, 2015
Memorial Day - Mon, May 25, 2015

REGISTRATION NOTES

1. Registration for Spring semester is Saturday, December 6, 2014 from 9:00am - 12:00pm and Monday, December 8, 2014 through Friday, December 12, 2014 from 8:15am until 5:00pm.
2. Be sure to note the days that each program will not meet during the semester.
3. All participants must register and pay programs fees (when applicable) each semester prior to participation. **Fees are nonrefundable!**
4. Some programs are limited in size and are filled on a first come, first serve basis.
5. Orientation for all Wellness members and assessments for after-school participants are required. Please call for an appointment.
6. Participants should bring more than one check to register to be receipted in different accounts for some programs. All checks should be payable to MTRC.

The "Montgomery Therapeutic Recreation Center Wellness Program" is a program developed to promote fitness for persons with disabilities. All persons must have a disability and have completed a physician's medical form to participate. A membership fee of \$25.00 per semester enables all members participation in therapeutic aquatics, weightlifting, and exercise groups.

RESOURCE LAB

Hours of Operation: TRC wants participants to use the Resource Lab to enhance their lifestyles. The lab is open and free to individuals who would like to research information, to get information on adaptive equipment, specific disabilities, services needed or anything needed at home, work or leisure time.

Resources: A lab technician is available during the allotted times for open lab to assist members as needed. The lab is open daily from 8:00am - 12:00pm. Members can contact the lab technician for any questions or requests.

Open Lab This time is set aside to meet the needs of individuals with knowledge of computers. We encourage all wellness members to use this time to gain valuable skills with computers. TRC offers an on site lab technician for any questions or any assistance needed.

Day:.....Mon., Wed. & Fri.

Time:.....10:00am - 12:00pm

Contact:.....Joye Bigelow

One-on-One Computer Instruction TRC wants to meet the needs of individuals interested in learning more about computers. Sessions are 45 minutes long. Participants can choose one session or several based on individual needs. Scheduling will be done with the lab coordinator.. [See lab Technician for schedule.](#)

Cost:.....\$10.00 per session

.....2 sessions \$15.00

.....3 sessions \$20.00

Contact:.....Joye Bigelow

The Resource Lab has information available on a variety of topics. Please stop in the lab and see if we have the information your looking for. If not, please contact the lab technician about your specific subject or inquire about our Ask MTRC program. This may just be the program to get the information your looking for.

It is important that registration forms are filled out completely and updated each semester.

REGISTRATION BEGINS SAT., DECEMBER 6, 2014 AND ENDS FRIDAY DECEMBER 12, 2014.

BAD WEATHER

CALL MTRC AT (334)240-4595 TO CHECK FOR PROGRAM CANCELLATION DURING INCLEMENT WEATHER.

REMEMBER THERE WILL BE A \$5.00 LATE FEE FOR ALL REGISTRATIONS AFTER FRIDAY, DECEMBER 12, 2014.

CHECK OUT ALL OF OUR AQUATIC CLASSES HERE AT MTRC

WELLNESS

Energize Me Morning, Noon or night this class is just what you need to get moving: it's a well rounded, fun and energetic water exercise class that will have you pumped up in no time. This class increases the cardiovascular, tones muscle and helps promote better flexibility. This class is open to individuals with any disability. *Program will not meet Jan. 19, Feb. 16 & May 25.*

.....Day/Time.....
Mon.....8:15 - 9:00am
.....9:15 - 10:00am
.....6:00 - 6:45pm
Tues.....10:15 - 11:00am
.....1:00 - 1:45pm
.....6:00 - 6:45pm
Wed.....8:15 - 9:00am
.....9:15 - 10:00am
Thurs.....10:15 - 11:00am
.....1:00 - 1:45pm
Fri.....8:15 - 9:00am
.....9:15 - 10:00am
Sat.....9:15 - 10:00am
Contact:Jeffery Barlow

On the Move (Lap Swim) Add a little splash to your day or evening in a comfortable and relaxed atmosphere. Our heated pool is open to participants wishing to swim for better conditioning and endurance. A certified lifeguard is on duty. ONLY LAP SWIMMING IS ALLOWED. *Program will not meet Jan. 19, Feb. 16 & May 25.*

.....Day/Time.....
Mon. & Fri.....1:00 - 1:45pm
Tues., Thurs.....7:15 - 7:45am
Tues, Wed., & Thurs.....12:00 - 12:45pm
Contact:.....Jeffery Barlow

Early Bird Series This program is structured for you to get an early start to your day feeling great. The series will include an exercise class, lap swim and an unstructured program to let participants walk and develop exercises created by each individual and doing it at their own pace. Lifeguard on duty! *Program will not meet Jan. 19, Feb. 16 & May 25.*

.....Day/Time:.....
Mon/Wed.....Exercise Class
Time:.....6:00 - 6:45am
Tues/Thurs.....Create your own
Time:.....6:00 - 6:45am
Contact:.....Jeffery Barlow

AEP (Exercise Program)

This program is geared for participants with Arthritis only. The exercises will increase range of motion, flexibility, muscle endurance, and help relieve joint pain caused by arthritis. No aquatic weights will be used. Cardiovascular exercises are included, but not emphasized. *Program will not meet Jan. 19, Feb. 16 & May 25.*

.....Day/Time:.....
Mon. & Fri.....12:00 - 12:45pm
Tues. & Thurs.....8:15 - 9:00am
Wed.....1:00 - 1:45pm
Limit:.....30
Contact:.....Jeffery Barlow

Have it Your Way (open

pool) This is an unstructured program designed to allow participants to engage in an individualized exercise program in our heated pool. Participants can design their own exercise program, follow exercise routines developed by a therapist or bring their own therapist/ exercise instructor. *Program will not meet Jan. 19, Feb. 16 & May 25.*

Day:.....Mon. & Tues.
Time:.....5:00 - 6:00pm

Contact:.....Jeffery Barlow

TRC Spec's This aquatic exercise class is designed to meet the needs of individuals with Parkinson's/disease or impairments from Stroke (CVA). These pool exercises help promote mobility, endurance, and flexibility. In addition, this program offers a supportive group environment while you have fun exercising.

Day:.....Tues. & Thurs.
Time:.....9:15 - 10:00am
Contact:.....Jeffery Barlow

Family Splash

Add a little splash to your family's lifestyle by bringing them to TRC to enjoy our heated pool. This is sure to be a treat for the entire family. We ask that you limit this time of relaxation and enjoyment to three family members only.

.....Day/Time:.....
Thurs.....5:00 - 6:45pm
Sat.....10:15 - 11:45am
Contact:.....Jeffery Barlow

Aqua Zumba Bring the party to the pool!!! The Aqua Zumba program gives new meaning to the ideal of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooping and hollering. Heat up the pool party, integrating the Zumba formula and philosophy with the traditional aqua fitness disciplines. Thlass blends it all together into a safe, challenging, water based workout that is cardio-conditioning, body toning and most of all exhilarating beyond belief. **LET'S MAKE A SPLASH!!!** Aqua shoes required.

Day:.....Mon. & Wed.
Time:.....11:15am - 12:00pm
Contact:.....Ralph Evans

WELLNESS

Stretch - Tone

This class is designed to help our wellness members improve flexibility as well as toning areas of the body that does not receive enough emphasis during other exercise programs at TRC. Program will include stretching major muscle groups, abdominal exercises, modified push ups, thigh and hip exercises, and much more. Exercises will be done on mats. *Program will not meet Jan. 19, Feb. 16 & May 25.*

Day:.....**Mon. & Wed.**

Time:.....**10:15 - 11:00am**

Contact:.....**Roxgena McCarroll**

Land Exercise

(Arthritis and other disability groupings) This land aerobics class is designed to increase strength, mobility, flexibility, endurance and overall physical well-being. Classes are being taught by a certified instructor that leads sitting exercises using a chair as support. This class is designed by the Arthritis Foundation's Exercise Program.

Day:.....**Tue & Thurs.**

Time:.....**10:15 - 11:00am**

Contact:.....**Roxgena McCarroll**

Individual Fitness Room

TRC has now increased hours with supervised and unsupervised time. During supervised time, participants are able to work out independently on an individual basis with a staff member available to monitor and assist if needed. During unsupervised time, a staff will ***NOT*** be in the room to oversee participants workout. Come take advantage of this fitness room with all the equipment that it has to offer. *Program will not meet Jan. 19, Feb. 16 & May 25.*

.....**Supervised**.....

Mon. - Fri.....8:15 - 11:00am

Tues. & Thurs.....5:00 - 6:00pm

.....**Unsupervised**.....

Mon. - Fri.....6:00 - 8:00am

.....**11:00am - 3:00pm**

Saturday.....9:00-11:00am

Age:.....18 years and older

Contact:.....**Christopher McNeil**

Wellness Assessment

This program in General Recreation is for those who want to track their progress and to assess what they are doing to meet their wellness goals. If you are interested in this program, schedule a time with Chris.

Day:.....**Tues., Wed. & Thurs.**

Contact:.....**Chris McNeil**

Massage Therapy Services

available at TRC:

Swedish Massage: 30 minutes/
\$30.00; 60 minutes/\$40.00

Deep Tissue Massage: 30
minutes/\$35.00; 60 minutes/
\$40.00

Chair Massage: 20 minutes/20.00

Please see front office for

**LOCKERS ARE AVAILABLE
FOR \$10.00 PER SEMESTER.**

WELLNESS SOCIAL CLUBS

Potluck Brunch

Come eat and fellowship!! If you enjoy socializing with others and enjoy eating a good meal then feel free to bring your covered dish and enjoy this great fellowship. Hosted by TRC's Creative Art's Department.

Day:.....**First Thursday of the month.**

Time:.....**10:00 - 11:15am**

Contact:.....**Deshanoe Ishman**

The Wise Club

Come join the Wise Club in great discussions, fun filled games, great food, and good laughter. This awesome social setting will energize you. Just sit, eat, play and enjoy.

Day:.....**2nd, 3rd, & 4th Thursday of the month**

Time:.....**10:15 - 11:00am**

Cost:.....**\$7.00 a month**

Contact:.....**Deshanoe Ishman**

WELLNESS, NEW PROGRAMS & DAY ACTIVITIES

That's What Friends Are

For If you can believe you can achieve. This class is made up of individuals who would come together and build a family constructively. This is achieved by connective imagination and designing. Arts and craft, that is a treat for the eye. Lunch is not the only meal time but a social hour for us to network with each other and discuss thoughts and feelings. So if you are looking for a way to challenge your physical and mental self this class will welcome you.

Day:.....Tuesday
Time:.....10:00am - 1:00pm
Age:.....(18 and older with physical-ly impaired)
Cost:.....\$10.00
Limit:.....6
Contact:.....Pamla Tilghman

Simple Sewing Class

Simple Sewing Class. This is a beginner sewing class. Come learn how to make handkerchiefs, aprons, pillows and so much more. Learn how to hem a pair of pants. It's all about using your mind and hands. You provide your own material and we provide the know how. *Program will not meet Jan. 19, Feb. 16 & May 25.*

Day:.....Mondays
Time:.....10:00 - 11:00am
Limit:.....6
Contact:.....Pamla Tilghman

Senior Ceramics &

Acrylic Painting

Looking for a great way to have fun, meet new people, learn a new skill all while being creative? Come join the Creative Arts Department in Acrylic Painting. The group will take trips to Deans Ceramics for participants to purchase their own ceram-

ics. We provide acrylic paint (basic colors). Additional supplies must be purchased by participants. **This program is open to adults with disabilities.**

Day:.....Wednesdays
Time:.....9:00 - 11:00am
Limit:.....10
Contact:.....Deshanae Ishman

Something for Every

Occasion This is a class you don't want to miss. Come in and let's work together to create candles, Valentine baskets, Easter baskets or just arrange a basket of flowers. Whatever that special occasion is for you, let's create it together. *(you will have to provide your own materials and we will provide the know how.)*

Day:.....Fridays
Time:.....10:00 - 11:00am
Limit:.....8
Contact:.....Pamla Tilghman

Diabetes Education Classes

Day: 1st Monday of each month.

Time:.....9:00 - 11:00am

1. January 5, 2015
2. February 2, 2015
3. March 2, 2015
5. April 6, 2015
6. May 4, 2015

Contact:....Wendy Dobbs

Pre-Easter Shopping Trip

Let's get ready for Easter in style. Start saving now for a trip to The Tanger Outlets, one of the largest outlets in Foley, Alabama, with 100 stores. Wellness members will be responsible for paying for their own meal and the group will pay for the driver's meal.

Date:.....Tues., March 24, 2015
Time:.....7:30am
Limit:.....20
Must have min. of 10
Contact:.....Pamla Tilghman

AQUA ZUMBA BASH

The party just got bigger!!!

MTRC First annual Aqua Zumba Bash
 Want a different kind of work-out? Then Aqua Zumba is what you're looking for. Get all the fun and benefits of Zumba with no impact and all the resistance of the water, whether you are a beginning or looking to spice up your workout regimen.

This class consists of non-stop dancing in the water with high energy music. No swimming skills are necessary. The minimum water depth is 4 feet, one should be comfortable in waist deep water. SO LET'S GET THIS PARTY STARTED!!! Aqua shoes required.

Date:.....TBA
Time:.....TBA
Contact:.....Ralph Evans

SPRING MEET AND GREET

Our past Meet and Greets have been a big success and at the request of our Wellness members, we are going to have a Meet & Greet every semester. There will be good food, good friends, and lots of fun! Just bring yourself and a covered dish and take this opportunity to meet other wellness members and fellowship with the TRC staff. The Date and time will be voted on at the Holiday meet and Greet in December 2014.

Date:.....TBA
Time:.....TBA
Contact:.....Joye Bigelow

SPRING 2014 REGISTRATION

Date _____

Name: _____
 Home Phone: _____
 Level: I II III
 Parent/Guardian _____
 Address _____
 City: _____
 State: _____ Zip: _____

Daytime Phone: _____
 D.O.B. _____
 E-mail Address _____ @ _____
 Emergency Contact: _____
 Emergency number: _____
 Disability: _____

Directions: Please indicate the activities you/your child would like to attend this semester.

MONDAY

___ Jag Girls II, III
 ___ Monday Mastery I, II
 ___ After-school Splash I
 ___ TRC Round-UP II, III
 ___ Low Impact Aerobics II, III
 ___ Craft Fever III

TUESDAY

___ Tasty Tuesday
 ___ Gentlemen's Club III
 ___ Green Thumb Garden Club II, III
 ___ Blue Marlin Swim Team II, III
 ___ Let's Talk About It II, III
 ___ Puzzles & More I, II, III

WEDNESDAY

___ Playground Palooza I, II
 ___ What's Cookin ? II, III
 ___ Giddy Up I
 ___ Let's Go Swimming II, III
 ___ TRC Drama Club III
 ___ Music Matters II, III

THURSDAY

___ Mind Games I, II, III
 ___ MTRC Dance/Karaoke I, II, III
 ___ Sensory Fun I
 ___ Blue Marlin Swim Team II, III

FRIDAY

___ Tissue Paper Art
 ___ Movie Theatre I, II, III
 ___ Zumbatomic II, III
 ___ Strikers III

DAY PROGRAMS

___ Day Program
 ___ Pediatric Program
 ___ Pickleball II, III
 ___ TRC Easy Riders I, II, III
 ___ Tigers Basketball II, III
 ___ Wild Card Wednesday's

SPECIAL EVENTS

___ Hoop It Up Tournament \$20.00 per team	___ Girls Night Out \$37.50	___ Hollywood Connection \$45.00
___ Alice in Wonderland at ASF \$30.00	___ Girl's Lock In \$32.00	___ The Formal \$4.00 per person
___ Valentine Dance \$4.00	___ ASU Hoop Night \$30.00	___ Spring Camporee TBA
___ Be My Valentine \$24.00	___ Lunch & Bowl \$15.00	___ TRC Awards Banquet FREE
	___ Pump It UP \$30.00	___ Wheelchair Billiards Tournament TBA

WELLNESS

___ Open Lab	___ AEP	___ Individual Fitness Room	___ Something for every Occasion
___ Ask MTRC	___ Have it Your Way	___ Potluck Brunch	___ Aqua Zumba Bash
___ One - On - One	___ TRC Spec's	___ Wise Club	___ Pre-Easter Shopping Trip
___ Energize Me	___ Family Splash	___ That's what Friends Are For	___ Spring Meet & Greet
___ On the Move	___ Wellness Assessment	___ Simple Sewing Class	___ Diabetes Classes
___ Early Bird Series	___ Stretch - n - Tone	___ Senior Ceramics	
___ Aqua Zumba	___ Land Exercise		1 2 3 4 5 6

Method of payment: ___ Cash ___ Check # _____ Locker Fee _____ \$10.00 Locker # _____

Wellness Fee: _____ Late Fee: _____ \$5.00 Other Fee/s _____

Total Amount Due: \$ _____ Amount Received: \$ _____ Date Received: _____

Received By: _____ Receipt # _____ Receipt Given: ___ Yes ___ No