Therapeutic Recreation

What is Therapeutic Recreation (TR)? TR is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being. Recreational Therapists work with clients to restore motor, social and cognitive functioning, build confidence, develop coping skills, and integrate skills learned in treatment settings into community settings. For further information and steps to participate in our Therapeutic Recreation Program, please call 757-382-1328.

AMP Classes taught by Adaptive Movement Program (AMP Instructors); tailored to each student’s ability.

ALL Classes open to individuals with/without a disability.

AMP 4 Kids - Beginning Karate Age: 6-17
Participants learn the beginning Karate skill set in order to obtain their white belt. (Min 5:Max 8) $69
Great Bridge Community Center; Wednesdays, 5:15-6pm
6389-01 August 30-October 4
6389-02 October 25-December 6*
6389-03 December 27-January 31
6389-04 February 21-March 28

Western Branch Community Center; Fridays, 4:45-5:30pm
6389-05 September 1-October 6
6389-06 October 27-December 15**
6389-07 December 29-February 9***
6389-08 February 23-March 30
*No Class November 22 **No Class November 10 & 24 ***No Class January 12

AMP 4 Kids - Intermediate Karate Age: 6-17
Participants will build on karate skills learned from AMP Beginning Karate. [Pre-requisite:] Yellow Belt from AMP Karate Instructor & Uniform (white Karate “gi” or white pants/white shirt). (Min 5:Max 8) $69
Great Bridge Community Center; Wednesdays, 6:15-7pm
6388-09 August 30-October 4
6388-10 October 25-December 6*
6388-11 December 27-January 31
6388-12 February 21-March 28

Western Branch Community Center; Fridays, 5:45-6:30pm
6388-13 September 1-October 6
6388-14 October 27-December 15**
6388-15 December 29-February 9***
6388-16 February 23-March 30
*No Class November 22 **No Class November 10 & 24 ***No Class January 12

AMP It Up! Age: 16+
Join AMP instructors to learn the basics of various fitness routines and gather nutritional tips/tricks to help avoid those extra holiday pounds and help with your New Year’s Resolutions! Fundamental skills of each activity will be taught to each participant's abilities and skills. Work on developing coordination, flexibility, endurance and overall enjoyment of fitness! (Min 10; Max 16) $30
Deep Creek Community Center; Tuesday, 6-7pm
6388-20 November 9-December 14
6388-22 January 11-February 15

Be a “Yogie” with Morgie Age: 13+
Learn traditional yoga poses sitting down. This chair yoga class will work on flexibility, range of motion, strengthening muscles and joints while reducing stress and anxiety. Breathing exercises will be incorporated as well as some meditation. Bring your own yoga mat, towel, water, and an open heart. $6 drop-in fee; $20 monthly
Indian River Community Center; Thursdays, 6-7pm
6388-23 September 7-28
6388-24 October 5-26
6388-25 November 2-30*
6388-26 December 7-28
6388-27 January 4-25
6388-28 February 1-22
6388-29 March 1-22
*No Class November 23

Alley Cats Age: 18+
Join us at Alley Cats Bowling. Make new friends and improve your bowling skills! Pre-Registration NOT Required. $1.69 per game paid to Chesapeake AMF. FREE shoe rental.
Chesapeake AMF; Saturdays, 12-2pm
September 2 & 16, October 7 & 21, November 4 & 18, December 2, January 6 & 20, February 3 & 17, March 3 & 17

Junior Alley Cats Western Branch Age: 17 & Under
Join us for Junior Alley Cats the 1st Sunday of the month. Pre-Registration NOT required. $2.29 per game paid to AMF Western Branch Lanes. FREE shoe rental.
AMF – Western Branch Lanes; Sundays, 12-2pm
September 3, October 8, November 5, December 3, January 7, February 4, March 4
SOCIAL GROUPS

Teen Time Age: 13-17
Join this Teen social group where you will have the opportunity to make new friends and increase independence while participating in fun activities and community outings. Participants are responsible for community outing costs (Admissions, food, etc.). Limited space for non-ambulatory individuals. $15/month
The Portlock at South Norfolk; Tuesdays, 5:30-7:30pm
6374-16 September 12 & 26  6374-20 January 9 & 23
6374-17 October 17 & 31  6374-21 February 13 & 27
6374-18 November 14 & 28  6374-22 March 13 & 27
6374-19 December 5 & 19

C.R.E.w Club Age: 18+
Build social skills while planning and participating in recreation activities and community outings. Participants are responsible for community outing costs (Admissions, food, etc.). Limited space for non-ambulatory individuals. $12/month
The Portlock at South Norfolk; Mondays, 5:30-7:30pm
6374-23 September 11 & 25  6374-27 January 8 & 22
6374-24 October 16 & 30  6374-28 February 12 & 26
6374-25 November 13 & 27  6374-29 March 12 & 26
6374-26 December 4 & 18

SPECIAL EVENTS

Special Olympics Soccer Tournament Age: ALL
Join Chesapeake Parks, Recreation and Tourism along with the Special Olympics Area 2 for the 3rd Annual Chesapeake Cup Soccer Tournament. Participants in tournament must sign-up and play with Area 2 Special Olympics. Come cheer on your favorite Hampton Roads City Team or Athlete.
Deep Creek Park; Sunday, October 22, 9:30am-2:30pm

Monster Mash Age: 16+
Come dressed in your best costume and be prepared for a ghostly good time! Your costume is your entrance into the costume contest to win a door prize. $10
River Crest Community Center; Saturday, 6:30-8:30pm
6378-25 October 28

Ms. & Mr. Abilities Chesapeake Application Age: 13+
Grab an application to be part of the pageant where “Everyone is A Star.” Celebrate your Abilities in judges' interview; casual wear, evening wear and talent competitions. Applications available Monday, December 4, 2016, at 1224 Progressive Drive, Chesapeake, 23320 for Ladies AND Gentlemen ages 13+ from of Hampton Roads. Application fee $30; Pageant limited to 20 contestants: 10 ladies, 10 gentlemen. First come, first served.

New Year's Eve Gala Age: 16+
5, 4, 3, 2, 1….HAPPY NEW YEAR! Join us as we dance, toast, and ring in 2018 in style! Enjoy light refreshments and count down to the “ball drop.” $10
River Crest Community Center; Saturday, 6:30-8:30pm
6378-26 December 30

Valentine’s Ball Age: 16+
Celebrate Valentine's Day in style! Join us for the Valentine’s Ball. Dress in your best outfit, enjoy a sit-down dinner and dance the evening away! $10
River Crest Community Center; Saturday, 6:30-8:30pm
6378-27 February 10

CAMPS

Winter Break Camp Age: 6-12
Beat the Winter Break Blues by exploring and experiencing fun-filled activities, games, special events, community outing, arts & crafts and MUCH MORE! Assessments with a Therapeutic Recreation Staff Member required for NEW participants. ALL participants must register with Therapeutic Recreation staff-call 757-382-1328 for registration information. (MIN 3: Max 12) $30 daily/ $90 for all three days.
Portlock at South Norfolk, Wednesday-Friday, 8:30-4pm
December 27, December 28, December 29

COMING SOON

Coming Spring 2018:
Therapeutic Recreation Spring Break Camp April 2-6, 2018!!