

Therapeutic Recreation

STEPS TO HAVING F.U.N. with TR

1. **F**ill out a screening form. Download form at www.cityofchesapeake.net/tr.
2. **U**ndergo an assessment with a staff member
3. **N**ow register for the desired program(s)!

Classes

*Classes in this group are taught by AMP instructors;
tailored to each student's ability.*

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

- 6388-01 August 24-September 28
- 6388-02 October 26-December 7*
- 6388-03 January 18-February 22
- 6388-04 March 8-April 19**

*No Class November 23 **No Class April 12

Western Branch Community Center; Fridays, 4:45-5:30pm

- 6388-05 August 26-September 30
- 6388-06 October 21-December 9*
- 6388-07 January 20-February 24
- 6388-08 March 10-April 21**

*No class November 11 & 25 **No class April 14



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 24-September 28
- 6388-10 October 26-December 7*
- 6388-11 January 18-February 22
- 6388-12 March 8-April 19**

*No Class November 23 **No Class April 12

Western Branch Community Center; Fridays, 5:45-6:30pm

- 6388-13 August 26-September 30
- 6388-14 October 21-December 9*
- 6388-15 January 20-February 24
- 6388-16 March 10-April 21**

*No class November 11 & 25 **No class April 14

Drop In Fun!

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 3 & 17, October 1 & 15, November 5 & 19, December 3, January 7 & 21, February 4 & 18, March 4 & 18

Junior Alley Cats

Age: 17 & Under

Join us for Junior Alley Cats the 1st Sunday of the month.

Pre-Registration NOT required. \$2 per game paid to AMF Western Branch Lanes. FREE shoe rental.

AMF – Western Branch Lanes; Sundays, 12-2pm

September 4, October 2, November 6, December 4, January 8, February 5, March 5



Social Groups

Teen Time

Calling all Teens! Join this 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**

Age: 13-17



The Portlock at South Norfolk; Tuesdays, 5:30-7:30pm

- 6374-01 September 13 & 27
- 6374-02 October 4 & 18
- 6374-03 November 8 & 22
- 6374-04 December 6 & 20
- 6374-05 January 10 & 24
- 6374-06 February 14 & 28
- 6374-07 March 14 & 28

C.R.E.w Club

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**

Age: 18+

The Portlock at South Norfolk; Mondays, 5:30-7:30pm

- 6374-08 September 12 & 26
- 6374-09 October 3 & 17
- 6374-10 November 7 & 21
- 6374-11 December 5 & 19
- 6374-12 January 9 & 23
- 6374-13 February 13 & 27
- 6374-14 March 13 & 27

Special Events

Chesapeake Cup

Age: ALL

Join Chesapeake Parks, Recreation and Tourism along with the Special Olympics Area 2 for the 2nd 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.

Centerville Park; Saturday, September 24, 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 door prizes. Light refreshments. **\$10**

River Crest Community Center; Saturday, 6:30-8:30pm

6378-18 October 29

Miss & 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 5, 2016, at 1224 Progressive Drive, Chesapeake, 23320 for **Ladies AND Gentlemen**



NEW

ages 13+ from all of Hampton Roads. **Application fee \$30; Pageant limited to 20 contestants: 10 ladies, 10 gentlemen.**

Valentine's Ball

Age: 16+

Celebrate Valentine's Day in style! 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

6378-19 February 11



Respite Night at BrickHeadz

Age: 13 & Under

Join us for 2 hours of Brick-building fun while mom and dad take a "break." Call Tidewater Autism Society at 757-461-4474 to register. **(Must Pre-Register). Fee: FREE for individuals with ASD, \$5 for siblings.** Co-sponsored in part by Care Advantage and Clear Solutions. **BrickHeadz Enrichment Center; 2nd Saturday of the month*, 6:30-8:30pm** (*No Respite Night in August)