



# Therapeutic RECREATION

Winter 2011

play + live + learn

## Wednesday Workshops

Rhodes Jordan Park Community Recreation Center at 100 East Crogan Street in Lawrenceville is offering a new monthly program for citizens with disabilities age 13 and up. Enjoy a variety of topics the second Wednesday of each month from 6:30-8:30pm that will be both educational and fun! Dinner will be provided, and this is a great bargain for just \$5 per workshop. Pre-registration is requested for dinner planning, but drop-ins are welcome. Call 770.822.5414 to register or email [janice.rinaldo@gwinnettcountry.com](mailto:janice.rinaldo@gwinnettcountry.com) for more information.

**January 12 Fun & Games:** Meet new friends, enjoy pizza and play interactive games! Activity Code: RJCC07101

**February 9 Cooking Smart:** Learn to make a delicious and healthy meal or dinner. Activity Code: RJCC07102

**March 9 Karaoke:** Sing the night away with your friends! Activity Code: RJCC07103

**April 13 Intro to Disc Golf:** Celebrate Spring by learning a new outdoor sport! Activity Code: RJCC07104



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## Club Fit

Commit to get fit in 2011 and join us for this healthy social club designed to introduce you to a variety of exercises and activities all while having fun and making new friends. Dress in your active wear and be prepared for a good workout! Participant must be able to function independently in a 1:12 ratio or participate with a caregiver. Pre-registration required, call 770.822.5414.

Classes will be held at **George Pierce Park Community Recreation Center**, 55 Buford Highway, Suwanee.

Age: 16 - up  
Thursday, 1/13-2/17  
6:00-7:50pm  
Fee: \$30/person  
Activity Code: RJCC07105



### Meet Club Fit Instructor, Marybeth Jones

Marybeth is a graduate of Central Michigan University with a degree in Recreation with an emphasis in Therapeutic Recreation for individuals with special needs. Marybeth has worked in a variety of non-profit and community based programs providing sports, camps, special events and recreation opportunities for individuals with physical and cognitive disabilities in Michigan, Illinois and currently in Georgia. Marybeth is excited to join the Gwinnett County Parks & Recreation Team and facilitate fun and exciting new programs! She resides in Lawrenceville with her husband and two children.

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## Swimability Open Swim



Get out and get wet this winter! The **West Gwinnett Park Aquatic Center** is offering open swim for individuals of all ages with disabilities and their families. Participants must be accompanied by a caregiver in a swimsuit in the water and within arms reach. The indoor Instructional Pool stays at a comfortable temperature of 85° year round. Swimability sessions will be held on **Monday and Wednesday from 7:00-9:00pm** January 10th through April 27th. Standard aquatic guidelines and fees apply.

West Gwinnett Park Aquatic Center  
4488 Peachtree Industrial Boulevard  
Norcross, GA 30071  
770.417.2281

## Team Sports

### Special Olympics Georgia-Gwinnett Masters

[www.gmsoga.org](http://www.gmsoga.org)

404.625.3988

Gwinnett Masters provides year-round sports training and athletic competition in a variety of Olympic type sports for adults age 16 and up with intellectual disabilities



giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and friendship with their families, other Special Olympics Athletes and the community.

Signups are going on now for volleyball, soccer, gymnastics, swimming, and track & field.

### Grayson Athletic Association

[www.gaasports.org](http://www.gaasports.org)

770.978.5271

Spring baseball/softball signups will be in late January, and games will start early March. Check the website for further information!

Grayson Athletic Association offers three different leagues to meet the abilities of the participants, so do not let skill or ability stop your young athlete from taking advantage of this chance to get out and play!

Teams play at **Bay Creek Park**, 175 Ozora Road, Grayson. Bay Creek Park offers a handicapped-accessible ball field and playground for children with special needs.



### Peachtree Ridge Youth Athletic Association

[www.pryaa.com](http://www.pryaa.com)

770.814.4914

The Peachtree Ridge Youth Athletic Association has organized the INSPIRE program.

INSPIRE=Intramural Sports that Promote Inclusion, Respect & Excellence in athletics for individuals of all ages with special needs. Check the website

for spring registration dates, as new Baseball and Softball teams will be organizing in mid-march.

**Peachtree Ridge Park**, located at 3117 Suwanee Creek Rd., Suwanee offers a handicap accessible ball field and playground for children with special needs.

## Tennis



The ALTA Wheelchair Tennis League is made up of men and women 16 years of age and older and plays during the spring, summer, and fall seasons at **Hudlow Tennis Center** in Gwinnett County at 6224 Jimmy Carter Boulevard, Norcross. Each season lasts seven weeks ending in a City Championship.

The number of teams and number of lines played per team vary depending on how many players are involved during any given season. Players are matched against someone of comparable ability which allows for a competitive and fun tennis environment.

Registration for spring closes on January 21, with matches beginning on Tuesday, March 16.

For summer play ALTA offers a Run/Roll League which is a doubles league that teams able-bodied and wheelchair-using players to compete against other participants in one-day events. Registration closes on Friday, April 9 and matches start on May 25.

If you would like more information regarding wheelchair tennis, check online at [www.altatennis.org](http://www.altatennis.org) or call Stacey Rice at 770-289-0444.

To remove your name from our mailing list, please send an email with UNSUBSCRIBE in the subject line to: [janice.rinaldo@gwinnettcounty.com](mailto:janice.rinaldo@gwinnettcounty.com).

Questions or comments? Call 770.822.5414