



THERAPEUTIC RECREATION

THERAPEUTIC
RECREATION
WINTER 2022
BROCHURE

AZALEA RECREATION CENTER

1600 72nd St. N, St. Petersburg, FL 33710

Therapeutic Recreation is a process that uses recreation, leisure, and play to help participants reach identified goals and improve their holistic well-being.

WELCOME TO THERAPEUTIC RECREATION



What is Therapeutic Recreation?

Therapeutic Recreation (TR) utilizes various methods and techniques to promote the independent physical, cognitive, emotional, and social functioning of individuals of all ability levels. Within the community, Therapeutic Recreation programs focus on promoting health, independence, inclusion, activity, and increased quality of life for all people with disabilities.

Step One

Complete the [Therapeutic Recreation Membership form](#).

Step Two

The Certified Therapeutic Recreation Specialist (CTRS) will call you to schedule a Therapeutic Recreation Membership meeting.

Step Three

Working with the CTRS you will discuss your goals and then select which programs to attend.

Step Four

Stay-up-to-date on everything TR by signing up for the [Monthly Newsletter](#), which is sent the last Tuesday of every month at 10 a.m. and highlights all the upcoming programs.

NEW PARTNERSHIP HIGHLIGHT WINTER 2022



DYNASTY YOUTH

Have you been looking for an inclusive dance class for you or your TR participant? This Winter, we will partner with Dynasty Youth for a TR dance program where the participants will learn to dance and prosper in creativity and self-confidence. Dance allows everyone to express themselves through music and movement in a fun and engaging way! This 8-week dance class will run through January and February and will conclude with a special Valentine's Dance open to all.



E.A.T.S. NUTRITION

Explore Alternative Table Snacks Nutrition

This month we are bringing a sizzling new spin to our Cooking Class by partnering with Wendy Wesley, a Registered and Licensed Dietitian Nutritionist for an engaging and interactive E.A.T.S. Nutrition course. E.A.T.S. Nutrition will explore new and educational recipes while teaching the skills necessary for any TR participants to bring their cooking abilities home. Each week the E.A.T.S. participants will receive an educational newsletter to take home highlighting all the ways we can nourish our bodies with the food that we eat.



Wendy Wesley
Nutrition



DECEMBER WEEK NIGHT PROGRAMS

Cooking Class

Learn to prepare some recipes that are sure to be as much fun to cook as they are to eat!

Who: 9th-grade students and up

Where: Azalea Recreation Center

When: Mondays

Time: 5:30 – 6:45 p.m.

December 6 - December 13

Cost: \$15

Kids Bowling League

Come on out and have a ball with your pals as we support each other and learn all about the sport of bowling in a safe environment.

Who: Kindergarten - 8th grade

Where: Sunrise Bowling Lanes

When: Tuesdays

Time: 5:00 - 6:00 p.m.

December 7 - December 14

Cost: \$5 a class



Adult Bowling League

Bowling provides an opportunity for motor and social skill development while practicing etiquette in a fun community setting.

Who: 9th grade students and up

Where: Sunrise Bowling Lanes

When: Tuesdays

Time: 6:30 – 8:00 p.m.

November 2 - December 14

Cost: \$42 for the session

Holiday Fun

This month we are bringing a festive touch to our Discovery Hour program and doing three-holiday activities for the participants to enjoy. Join your friends in holiday style!

Who: Kindergarten students and up

Where: Azalea Recreation Center

When: Thursdays

Time: 6:00 - 8:00 p.m.

Cost: \$5 per class

Holiday Door Decorating

December 2

Holiday Games & Prizes

December 9

Holiday Crafts

December 16

JANUARY WEEK NIGHT PROGRAMS



E.A.T.S Nutrition

Are you looking to improve your skills in the kitchen while learning how to eat healthier so you have more energy to do the things you love? If so, this brand-new nutrition education program is perfect for you!

Who: 6th-grade students and up
Where: Azalea Recreation Center
When: Mondays
January 3 - January 31
No class January 17
Time: 5:30 - 6:30 p.m.
Cost: \$25

Kids Bowling League

Come on out and have a ball with your pals as we support each other and learn all about the sport of bowling in a safe environment.

Who: Kindergarten - 8th grade
Where: Sunrise Bowling Lanes
When: Tuesday
Time: 5:00 - 6:00 p.m.
January 4, 11, 18, and 25
Cost: \$5 a week

Adult Bowling League

Bowling provides an opportunity for motor and social skill development while practicing etiquette in a fun community setting.

Who: 9th grade students and up
Where: Sunrise Bowling Lanes
When: Tuesdays
Time: 6:30 - 8:00 p.m.
January 4th - February 22
Cost: \$56 for the session
Registration opens on December 14

Dynasty Youth

Do you love to move it - move it?! Dancing is one of the most requested Therapeutic Recreation classes, so we are pleased to share that we will be offering an 8-week dance program in partnership with Dynasty Youth. Participants will learn techniques and form as well as a choreographed dance which they will perform at the Friends and Family Valentines Dance on February 25 at Paramount Ballroom.

Who: 6th grade and up
Where: Azalea Recreation Center
When: Thursdays
Time: 5:00 - 6:45 p.m.
January 6 - February 17
February 25 - Friends and Family Valentines Dance
Cost: \$60 for the 8-week program

FEBRUARY WEEK NIGHT PROGRAM

Mindful Mondays

During this fun new program, we will be exploring three new types of therapeutic classes and practicing what it means to be mindful. We will be partnering with a local artist, a music therapist, and a wellness specialist to bring you these top-notch programs.

Who: All ages welcome

Where: Azalea Recreation Center

When: Monday's

Time: 5:30 – 6:30 p.m.

Cost: \$10 a class

Therapeutic Art - Guided Painting

February 7

Music Therapy with Mr. James

February 14

Wellness and Movement

February 28

Kids Bowling League

Come on out and have a ball with your pals as we support each other and learn all about the sport of bowling in a safe environment.

Who: Kindergarten - 8th grade

Where: Sunrise Bowling Lanes

When: Tuesdays

Time: 5:00 - 6:00 p.m.

February 1, 8, 15 and 22

Cost: \$5 a week

Adult Bowling League

Bowling provides an opportunity for motor and social skill development while practicing etiquette in a fun community setting.

Who: 9th-grade students and up

Where: Sunrise Bowling Lanes

When: Tuesday

Time: 6:30 – 8:00 p.m.

January 4 - February 22

Cost: \$56 for the session

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Dancing is one of the most requested

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techniques and form as well as a

choreographed dance which they will perform

at the Friends and Family Valentines Dance on Feb. 25th at Paramount Ballroom.

Who: 6th grade and up

Where: Azalea Recreation Center

When: Thursdays

Time: 5:00 - 6:45 p.m.

January 6 - February 17

Feb. 25th - Friends & Family Valentines Dance

Cost: \$60 8-week program

SOCIAL PROGRAMS



Friday Night Fun

This fun monthly program is open to ages Kindergarten and up and provides dinner, crafts, and activities with a monthly theme.

Who: Kindergarten and up

Where: Azalea Recreation Center

Time: 6:30 – 9:00 p.m.

Cost: \$10

Family Holiday Party

December 10

The Sound of Music

January 14

Night on the Town

February 11

Out on the Town

Adults just want to have fun! If you are looking for some entertaining and enjoyable outing to participate in, look no further! The Out on the Town program is a social-based program for adults who have finished high school.

Who: Adults

Where: Azalea Recreation Center

Holiday Stroll

December 11

6:30 - 8:30 p.m.

Cost: \$5

Practically Picasso Paintings

January 15

10 a.m. - 3:00 p.m.

Cost: \$25

Botanical Gardens & Lunch

February 12

10:00 a.m.- 3:00 p.m.

Cost: \$25

SOCIAL PROGRAMS

TRekkers

TRekkers is a social-based program for teens & young adults that provides exciting on-site programming as well as thrilling community trips.

Where: Azalea Recreation Center

TASCO Drive-in Movie

Who: Participants in 6th and up
When: December 18 Cost: \$10
Time: 6:30 - 10:30 p.m.

Winter Wonderland

Who: Participants in 6th to 12th grade
When: December 21 Cost: \$10
Time: 8:30 a.m.- 4:30 p.m.

Santa's Helpers Brunch

Who: Participants in 6th to 12th grade
When: December 22 Cost: \$20
Time: 8:30 a.m.- 4:30 p.m.

Lowry Park Zoo

Who: Participants in 6th and up
When: December 28 Cost: \$25
Time: 8:30 a.m.- 4:30 p.m.

BBQ & Basketball

Who: Participants in 6th and up
When: December 29 Cost: \$5
Time: 8:30 a.m.- 4:30 p.m.

Painting with a Twist

Who: Participants in 6th to 12th grade
When: January 22 Cost: \$25
Time: 5:00 - 9:00 p.m.

Skyzone Trampoline Park

Who: Participants in 6th and up
When: February 19 Cost: \$25
Time: 5:00 - 9:00 p.m.



LOOKING AHEAD TO 2022...

TR Dances at Gladden Park

We're bringing back a crowd favorite this new year by kicking off 2022 with the TR Dances located at Gladden Park Recreation Center. Come dance the night away every first Friday of the month with all your friends!

Who: Adults

Where: Gladden Park Recreation Center

When:

- January 7
- February 4
- March 4
- April 1
- May 6
- September 9
- October 7
- November 4
- December 2

Time: 6:30 – 8:00 p.m.

Cost: \$5



Sailing Clinic

This is a great opportunity to come and check out all the fantastic programs that are being offered at the St. Petersburg Sailing Center. Participants will be given basic instruction on the boats and the opportunity to get out on the water with an instructor. Family members and companions are welcome to attend.

Who: Everyone

Where: St. Petersburg Sailing Center

When: February 5

Time: 9:30 a.m. - 1:00 p.m.

Cost: Free

Advocacy Group

Each month, The City of St. Petersburg's, Parks and Recreation Department, Therapeutic Recreation division will be hosting a free Advocacy Group located at Walter Fuller Recreation Center. Allowing people advocating for individuals with special needs to explore their voices with themes of community resources, education, and medical support, and much more by bringing in specialists from the community to discuss each of the desired topics.

Who: Parents, guardians & community members

Where: Walter Fuller Recreation Center

When:

- January 15
- February 11

Time: 7:00 - 8:00 p.m.

Cost: Free

Together we can make a difference.

MEET THE TR TEAM



Meagan Young, CTRS
Supervisor II
meagan.young@stpete.org

Alyssa Elsner, B. Sc.
Supervisor I
alyssa.mcgee@stpete.org

The TR Team

Carlos Childs
April Edwards
Trevion Howard
Chris Metcalf
Tony Ruffin
Shahara Singletary
Alison Srinivasa

Eligibility Requirements: A participant's involvement in any therapeutic recreation program is determined by and subject to minimum eligibility standards. Eligibility is evaluated by a Certified Therapeutic Recreation Specialist during a participant intake meeting and will be reviewed whenever necessary. Individualized behavioral support may be approved to maintain participant eligibility.

*For more information about the Therapeutic Recreation Division, visit
www.stpeteparksrec.org/therapeutics*



Before participation in programs, residents and non-residents are required to obtain an ADVANTAGE Membership by completing a Program Registration Application, which may be acquired at any City of St. Petersburg recreation center.