Adaptive Recreation News

Winter 2015

Classes * Events * Field Trips * Social Nights

GILBERT ARIZONA
PARKS & RECREATION

COOKING 101

In your cooking class, we will provide easy to follow recipes that are fun to make and fast to put together. We will also learn basic kitchen safety tips. How-to instructions will be provided each week to re-create at home. Bring home the skills to be a great chef! The possibilities are endless! *This class is designed specifically for persons with special needs.* **Participants should be able to follow simple directions. You must register for this class, drop-in is not allowed for this class.**

12+ YEARS

80559 W 1/14-2/4 5-6pm CC $28
80560 W 2/11-3/4 5-6pm CC $28
Instructor: Gilbert Staff

HANDMADE CRAFTS

Come have fun with your friends while making a new craft each week. Each handmade craft will be a great keepsake item for yourself or to give as a gift. *This class is designed specifically for persons with special needs.* Can't come every week? Pay as you go. **You must RSVP to guarantee your spot, no exceptions! Participants should be able to follow simple directions.**

12+ YEARS

80561 T 1/13-3/3 4:30-5:30 CC $40/$5 per week
Instructor: Gilbert Staff

THERAPEUTIC RECREATION HORSEMANSHIP

These classes are geared to each rider as an individual and are aimed toward their own abilities. With the help of certified instructors and volunteers, students gain a feeling of personal accomplishment and a freedom of movement they cannot experience in a wheelchair or other aiding devices. Most importantly, riders can benefit physically, emotionally and mentally through interaction with the horses, instructors, volunteers and fellow students. **Students under 18 must have parent/guardian sign a liability waiver at first class.** *These classes take place at Valley Silver Bullets (VSB), located at 43757 N. Coyote Rd. San Tan Valley, AZ 85140.*

8+ YEARS

80732 M 1/5-3/9 6-7pm VSB $195
Instructor: Valley Silver Bullets Staff

SANCHIN-RYU KARATE FOR PERSONS WITH SPECIAL NEEDS

Have fun learning the fundamental movements of Sanchin-Ryu. Benefits of this program include: Enhanced balance and coordination, improved motor-skills and useful self-defense techniques. Students study in a fun, high-energy, non-competitive environment. **Participants must be able to follow simple directions.** *Please wear comfortable clothing that does not restrict movement.*

10+ YEARS

80733 M 1/12-3/2* 4:30-5:30pm CC $25
Instructor: Sanchin-Ryu Staff ***No class 1/19 & 2/16**

RECREATION BOWLING

Individuals with special needs 8 years and older are encouraged to join in the fun of bowling. Taking part in this sport provides individuals the chance to develop physical fitness, self-confidence and build strong relationships. Those needing extra supervision must provide his/her own aide. Register in advance to guarantee your bowling lane. Can't come every week; pay as you go. *Practices will be held at Brunswick Zone XL; 1160 S. Gilbert Rd.* **Register early space is limited! All bowlers must register or RSVP to guarantee space no exceptions!**

8+ YEARS

80562 TH 1/15-3/5 4:30-5:30pm BZ $40/$5 per week
Instructor: Gilbert Staff

SPECIAL OLYMPICS POM & CHEER

Let's Go Gilbert! Join our gold medal team and have a blast learning cheers, chants, and dances! Cheerleaders will have the opportunity to participate in the Special Olympics Cheer competition in February. This activity gives participants a chance to belong to a team, make new friends, increase coordination and enhance self-esteem. Can't come every week? Pay as you go. **You must RSVP to guarantee your spot, no exceptions! Participants should be able to follow simple directions.**

12+ YEARS

80563 T 1/13-3/3 4:30-6pm CC $40/$5 per week
Instructor: Jennifer Myers

ZUMBA

This is a slower paced cardio workout designed for beginners and those with physical limitations. Easy to follow dance steps are set to unique Latin dance music to help maximize caloric output with fun, fat burning movements. This class increases skills in coordination, balance, discipline, memory, and movement. Can't come every week? Pay as you go. **You must RSVP to guarantee your spot, no exceptions! Participants should be able to follow simple directions.**

13+ YEARS

80564 M 1/12-3/2* 5-6pm CC $30/$5 per week
Instructor: Michelle Dulansky ***No Class 1/19 & 2/16**

EVENTS

JANUARY-KARAOKE

It's here again! Warm up those vocal chords and get those dance moves ready because it's karaoke time! Enjoy a night of singing, dancing and socializing with your friends. Food and drinks will be served.

12+ YEARS

80520	F	1/16	6-9pm	CC	$5

FEBRUARY-SWEETHEART DANCE

Love is in the air! Come with your special someone or enjoy this dance with your friends. There will be food, drinks, and of course CANDY! This is a semi-formal event so dress to impress and go home with a photo to remember the evening!

12+ YEARS

80521	F	2/13	6-9pm	CC	$5

MARCH-MOVIE AT THE COMMUNITY CENTER

Sit back, relax, and enjoy the nice weather while watching a movie in the park! You bring a blanket or chair and we will have pizza, popcorn, and drinks! Movie is TBA and will be shown on the big screen outside of the Gilbert Community Center.

12+ YEARS

80552	F	3/20	6:30-8:30pm	CC	$5

FIELD TRIPS

HOLIDAY LIGHTS AT THE FAIRMONT PRINCESS

Enjoy the magic of the holidays on this field trip to the Fairmont Princess. Each winter this gorgeous hotel is transformed into a winter wonderland, with musical light displays, an ice rink, Santa, and more! Admission includes parking and the lights display. **Ice skating, food, a photo with Santa, and shopping all require additional money.**

14+ YEARS

80130	F	12/19	5-10pm	CC	$5

WEDNESDAY NIGHT SOCIAL NIGHT

Join us every other Wednesday night as we get together for a social hour with friends! We will play bingo, sing karaoke, boogie to the top hits, and more as we spend some time getting to know each other. *The Town of Gilbert will no longer be providing snacks for social nights, please contact the Community Center at 480-503-6290 if you would like to donate a snack.* **FREE!! Registration is appreciated.**

12+ YEARS

80553	W	1/7	6-7pm	CC	FREE	BINGO NIGHT
80554	W	1/21	6-7pm	CC	FREE	KARAOKE
80555	W	2/4	6-7pm	CC	FREE	SOCK HOP
80556	W	2/18	6-7pm	CC	FREE	BINGO NIGHT
80557	W	3/4	6-7pm	CC	FREE	KARAOKE
80558	W	3/18	6-7pm	CC	FREE	SOCK HOP

BOWLING AND LASER TAG

The Main Event is where it's at! We will enjoy an hour of bowling, a game of laser tag, lunch, and a $10 game card! Come have a great time with friends while playing fun games! If you would like to play additional games please bring money. **Transportation is provided and is limited to 20 passengers. Participants are welcome to join us at The Main Event once the van is full.** ***Registration is required to receive group pricing.***

12+ YEARS

80565	F	1/23	11:30-3pm	CC	$25

CASTLES AND COASTERS

Come ride rides, play mini golf and HAVE FUN! Castles and Coasters is a great place to get the adrenaline rush you've been looking for! Please bring additional money for food and arcade games if you wish to play! **Transportation is provided and is limited to 20 passengers. Participants are welcome to join us at Castles & Coasters once the van is full.** ***Registration is required to receive group pricing.***

12+ YEARS

80566	F	2/27	12-6pm	CC	$30

SPRING TRAINING

Join us at the Cubs stadium as we watch the Cleveland Indians battle the Chicago Cubs for the most runs! We will be sitting in the lawn and will bring blankets. Please bring money for food. **Transportation is provided and is limited to 20 passengers. Participants are welcome to join us at the stadium once the van is full.** ***Registration is required to receive group pricing.***

12+ YEARS

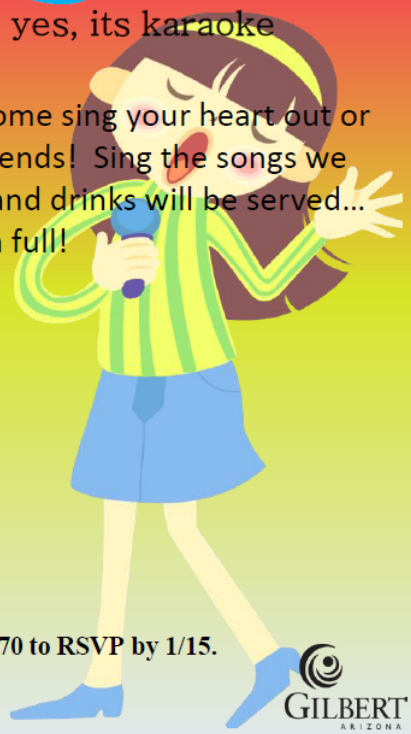
80567	F	3/13	TBA	CC	$10

CREATI

Karaoke Night

Oh yes, its karaoke night and the feelings right; oh yes, its karaoke night, oh what a night!

That's right folks! Karaoke night is back by popular demand! Come sing your heart out or just dance while listening to the beautiful melodies of your friends! Sing the songs we have on file or bring your own music to sing along with! Food and drinks will be served… but remember don't sing with your mouth full!



Where: The Gilbert Community Center
When: Friday, January 16th
Time: 6-9PM
Cost: $5
Course Code: 80520

LOCATION:
THE GILBERT COMMUNITY CENTER
130 N Oak St.
(Gilbert/Elliot)
Gilbert, AZ 85234
480-503-6290

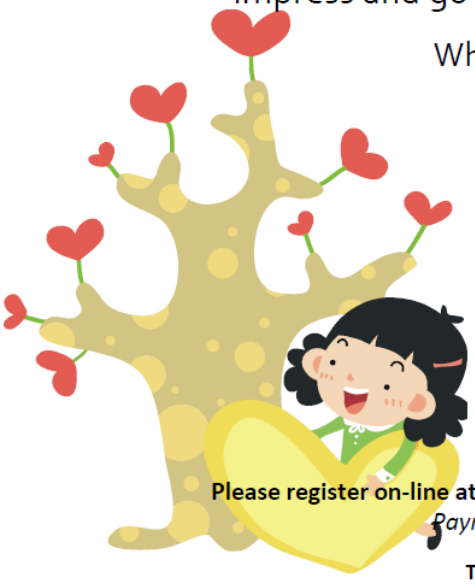
Please register on-line at www.gilbertrecreation.com or call 480-503-6270 to RSVP by 1/15.
Payment will be accepted at the door for all events.

This event is for those with special needs only.

GILBERT
ARIZONA

Sweethearts Dance

Love is in the air! Come with your special someone or enjoy this dance with your friends. There will be food, drinks, and of course CANDY! This is a semi-formal event so dress to impress and go home with a photo to remember the evening!



Where: **The Gilbert Community Center**
When: **Friday, February 13th**
Time: **6-9PM**
Cost: **$5.00**
Course Code: **80521**

LOCATION:
THE GILBERT COMMUNITY CENTER
130 N Oak St.
(Gilbert/Elliot)
Gilbert, AZ 85234
480-503-6290

Please register on-line at www.gilbertrecreation.com or call 480-503-6270 to RSVP by 2/12.
Payment will be accepted at the door for all events.

This event is for those with special needs only.

MOVIE IN THE PARK

TBA

When: Friday, March 20st
Time: 6:30-8:30pm
Where: The Gilbert Community Center
Cost: $5
Code: 80552

Please register on-line at www.gilbertrecreation.com or call 480-503-6270 to RSVP by 3/19.
Payment will be accepted at the door for all events.

This event is for those with special needs only.

GILBERT ARIZONA

Adaptive Recreation Field Trips

Join us as we take a special adventure every month to a new, exciting place!
****All field trips are designed specifically for those with special needs. Transportation is provided from the Community Center, but is limited to 10 participants. After the van is full you are welcome to meet us at the location of the field trip but you must pay in advance for the special pricing.**

Holiday Lights at the Fairmont Princess (please bring $ for food, shopping, and ice skating)

December 19th | Fairmont Princess | Time: 5-10pm | Cost: $5 | Code: 80130

Bowling and Laser Tag at the Main Event

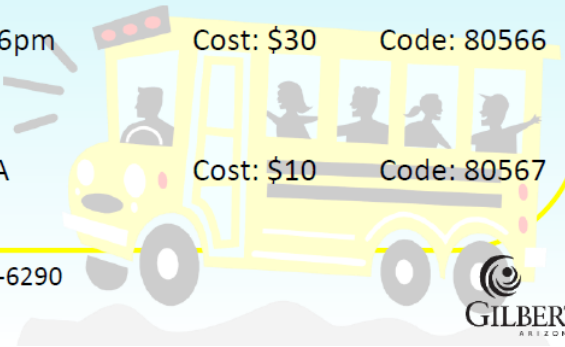
January 23rd | The Main Event | Time: 11:30-3pm | Cost: $25 | Code: 80565

Castles and Coasters

February 27th | Castles and Coasters | Time: 12-6pm | Cost: $30 | Code: 80566

Spring Training

March 13th | Cubs Stadium | Time: TBA | Cost: $10 | Code: 80567



Please call the Gilbert Community Center with any questions 480-503-6290
or Register Online at www.gilbertrecreation.com

GILBERT ARIZONA

Social Nights

Every other Wednesday get together with your friends and play bingo, dance, sing karaoke, and have fun being social!

These events are FREE, but registration is appreciated!

80553	1/7	BINGO NIGHT
80554	1/21	KARAOKE
80555	2/4	SOCK HOP
80556	2/18	BINGO NIGHT
80557	3/4	KARAOKE
80558	3/18	SOCK HOP

All Social Nights are from 6-7PM at the Gilbert Community Center.
130 North Oak St.
Gilbert, AZ 85233
480-503-6290

Please register on-line at www.gilbertrecreation.com or call 480-503-6270

Payment will be accepted at the door for all events.

These events are for those with special needs only.

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