

Adaptive Programming

Finished with this Brochure?

Don't throw it away! Pass it along to a friend. We rely upon our friends to help us spread the word about our programs.

Special Needs Hip Hop Class

Take a chance and dance! This hip hop class is designed for youth of all abilities, ages 9-16, to participate and enjoy meeting new friends, moving to the beat and learning hip hop routines. Students achieve a feeling of success each week as they gain a new skill, improve balance, stability and stamina, and socialization skills.

Class can be done unassisted but aides, parents, or guardians are welcome to join in for success. For questions specific to this class contact Kick It Up! at (562) 430-1812. Instructor: Kick It Up Staff!

• Location: Kick It Up, 8129 E. Wardlow Rd., Long Beach.

• No class November 22.

12413	Th	6:30pm-7:30pm	9/27-10/25	Off Site	\$35/5 Mtgs
12414	Th	6:30pm-7:30pm	11/1-11/29	Off Site	\$28/4 Mtgs
12415	Th	6:30pm-7:30pm	12/6-12/20	Off Site	\$21/3 Mtgs
12643	Th	6:30pm-7:30pm	1/10-1/24	Off Site	\$21/3 Mtgs

Top Flight on Ice

This class is specifically designed for the Special Needs Community, ages 3 and older. All skaters will learn to skate with a qualified instructor. Skaters will learn to skate forward and backward, and gain confidence to skate on their own. Class fee includes skate rental, half hour of instruction and free practice session on your registered class day: Wednesday 7:10-7:40 p.m. and Saturday 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. For more information, visit www.therinks.com. Instructor: The Rinks Staff

• Location: The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.

12644	W	6:10pm-6:40pm	9/26-10/17	Off Site	\$45/4 Mtgs
12645	Sa	9:45am-10:15am	9/29-10/20	Off Site	\$45/4 Mtgs
12646	W	6:10pm-6:40pm	10/24-11/14	Off Site	\$45/4 Mtgs
12647	Sa	9:45am-10:15am	10/27-11/17	Off Site	\$45/4 Mtgs
12648	W	6:10pm-6:40pm	11/28-12/19	Off Site	\$45/4 Mtgs
12649	Sa	9:45am-10:15am	12/1-12/22	Off Site	\$45/4 Mtgs
12650	W	6:10pm-6:40pm	1/9-1/30	Off Site	\$45/4 Mtgs
12651	Sa	9:45am-10:15am	1/12-2/2	Off Site	\$45/4 Mtgs



Adaptive Recreation

Adaptive Recreation is designed to provide equal recreation and leisure opportunities for people with special needs. For participants 8 years of age through adults who can function at a 1:4 ratio (staff to participants). Activities include arts and crafts, food preparation, mini-trips and sports training. Special events or excursions are offered once a month for a marginal fee. Registration is limited. The Adaptive Recreation program meets at Bloomfield Park, Tuesdays from 3:30 - 5:30 p.m. There is a \$5 fee on special event days.

Friday October 12
Scary Movie Night
Bloomfield Park
5:30-9:30 p.m. FREE

Friday October 19
ARP Halloween Costume Dance
Bloomfield Park
6:30-9:30 p.m. \$5

Friday December 21
ARP Holiday Caroling
Palms Park
6:00-8:30 p.m. FREE



Special Olympics

Lakewood partners with Special Olympics Southern California to provide a year-round athletic program for individuals with intellectual and developmental disabilities. Three sports seasons are offered

Spring – Basketball and Bocce Ball

Summer – Bowling*

Fall – Softball, Soccer and Golf*

Practices are held every Thursday, from 6:30 – 8:30 p.m. at Bloomfield Park. Miscellaneous tournaments are also provided each season along with a full schedule of inclusionary softball and basketball games within the Lakewood Youth Sports program. Registration and medical clearance is required prior to participating.

*Bowling/Golf practice dates vary, and are held off site.

For more information on the Adaptive Recreation or Special Olympics Program call (562) 865-1717.