



Special Needs Recreation – Summer 2013



Special Needs Activities Coordinator: Ranwa “Nin” El-khoury, 407-571-8814, Rrel-khoury@altamonte.org

To attend activities, participant must meet the **Program Eligibility** and complete a **Participant Membership Form**. Once **Membership Form** is on file, participant is eligible to attend events. Select programs require additional registration. Additional Registration Includes: (1) Reserve your spot via phone or email (2) Complete/submit additional paperwork and payment. Please send your reservations to only: 407-571-8814 or rrel-khoury@altamonte.org -or- Register Online at www.ASRecreation.org

STOP TRIPS

Description: STOP Trips (Saturday Time Out for Parents) take place one Saturday a month and are socially, physically and educationally beneficial field trips. Drop off and pick up is at Eastmonte Park.

Cost: \$3/participant with lunch provided. Financial Assistance Available. *Feel free to send souvenir money for trips

Additional Registration: Required

You must RSVP on the designated day a week prior to the trip by phone or email. Reservations are taken in the order received. Space is limited.

Please send your reservation to only:

407-571-8814 or rrel-khoury@altamonte.org

Upcoming Trips:

31st Annual Softball Game - Altamonte Specials vs. Local 6 News

Trip Date: May 4 from 10am-4pm

RSVP on April 26

*STOP Trips resume in September

NIGHTBIRD DANCES

Description: Themed dances are held one Friday a month from 7-9pm at Eastmonte Park. Prizes awarded for dance contest winners, costume contest winners & birthdays! Drinks and light snacks will be provided.

Cost: \$2 per participant & \$1 per guest (parent, caregiver, etc)

Additional Registration: None. If you have a group home or a large party, call in advance if you wish to reserve your group a table(s).

Upcoming Dances:

April 12	Country Hoe Down
May 24	Red, White and Blue
June 7	Hawaiian Pool Party (at Westmonte Park)
	RAIN OR SHINE. Bring Swim Suits/Towels

*Nightbird Dances resume in September

*Oviedo Parks & Rec offers dances on alternate evenings.

THURSDAY NIGHT OUT

Description: “Thursday Night Out” is held on the 3rd & 4th Thursday of the month at Westmonte Park from 7:30-8:30pm. Programs are designed to allow participants to get together and have some fun!

Cost: \$1.00 with light refreshments provided.

Additional Registration: RSVP for cooking classes week prior.

April 18: Karaoke Night	April 25: Cooking Class
May 16: Karaoke Night	May 23: Cooking Celebration

*Thursday Night Out resumes in September

SPARKLER’S CHEERLEADING—SEASON 9

Description: The Altamonte Sparklers are an inspirational group of male and female cheerleaders with special needs. Athletes range in ages, and prepare for performances, parades, other community events and local competitions. Volunteer Coaches Needed.

*Season 9 will be held in October 2012

* YOUTH PROGRAMS *

BOWLING

Description: Practice is held every Monday, excluding city holidays, from 3-5pm at the Altamonte AMF Lanes. Scores are recorded throughout the year and trophies are awarded at a Banquet with participant’s high score. “Pizza Mondays” are held on the last Monday of the month. Pizza will be sold by the slice for \$1.75 each.

Cost: \$2 per game, includes shoes. **Additional Registration:** None

No Bowling On: April 22 (AMF Tournament)

May 27 (Memorial Day), June 10 (Bowling Banquet)

Bowling Banquet: Monday, June 10 from 6-8pm at Eastmonte.

Invitations to go out in April at practice. RSVP by May 6. Cost: \$6.00 per bowler & \$6.00 per guest. This event will be catered. Each paid bowler will receive a trophy engraved with his or her high score! Checks can be made payable to: The Advisory Board for the Disabled, Inc.

Special Olympics Advancement: Training scores will be collected for Special Olympics eligibility starting on Monday, June 17. Competitions held in August, September and November. Other Special Olympics training sites offered in Casselberry and Oviedo.

BALLROOM DANCE

Description: The Orlando Chapter of USA Dance teaches an 8-week workshop on Sundays at Lake Brantley South in the Fall and Spring.

*Classes resume in September

BELLY DANCE

Description: Our Special Needs Belly Dancers & family members meet the 2nd and 4th Wednesday of each month at Eastmonte Park to exercise & prepare for performances from 6:30-7:30pm.

Cost: \$15/season. Financial Assistance Available.

Family members dance free

Additional Registration: Registration is now closed.

Upcoming Practice Dates: April 10 & 24, May 8 & 22, June 26, July 24

SUMMER CAMP

Description: Crafts, field trips, swimming, games, guests & more!

Held on Wednesdays: June 5, 12, 19, 26 and July 3, 10, 17, 24

Located at Eastmonte Park from 9am-4pm

Cost: \$50.00, Financial Assistance Available. Space is Limited.

Additional Registration: Registration opens **Monday, May 6 at 8am**.

Camp fills up quickly, so do not delay. Visit our website or contact us for a copy of the registration process, paperwork or more information.

BAMBINO BUDDY BALL

Description: This baseball league allows for a “buddy” to help the player swing a bat, round the bases, catch a ball, etc. Program designed for players ages 5-20 who are either physically and/or mentally challenged.

Cost: Free **Additional Registration:** Contact Sarah Reece at 407-463-2504, sarah.reece@orhs.org, <http://cfbuddyball.baberuthonline.com>

SWIM LESSONS

Description: We now offer swim lessons geared toward individuals with special needs ages 3 and up. Sessions are designed to meet the needs of each individual by offering (8) 15-minute classes with 1:1 instruction (1 swimmer to 1 instructor). Classes are held M-Th for two weeks in a time slot between 6pm-6:45pm. Select your time slot when registering.

Cost: \$40/session for residents and \$55/session for non-residents.

Financial Assistance Available. Space is Limited.

Additional Registration: Register Online at www.ASRecreation.org

Session Dates:

Session 1: May 13 - May 23

Session 2: June 3 - June 13

Session 3: June 24 - July 3

Session 4: July 15 - July 25

Session 5: August 5 - August 15

Registration opens: May 6 at 9:00am

Registration opens: May 28 at 9:00am

Registration opens: June 17 at 9:00am

Registration opens: July 8 at 9:00am

Registration opens: July 29 at 9:00am

ANNUAL PARTICIPANT MEMBERSHIP FORMS

These must be on file for participants to take part in our activities. Forms are renewed annually and do not need a doctors signature, but can be completed by the parent or guardian. Forms are available on our website or can be mailed to you.

CHECK US OUT ONLINE

Visit our websites for information on our programs and/or updates. There you can find schedules, registrations forms, and lots more! www.AdvisoryBoardforDisabled.org or www.ASRecreation.org

Like us on Facebook! View our photos & announcements at www.Facebook.com/AltamonteSpringsSpecialPopulation

E-NEWSLETTER

Our E-newsletter comes out monthly with reminders about all our activities and events, as well as any updates.

To sign up, please e-mail us at Rrel-khoury@altamonte.org

PROGRAM ELIGIBILITY

Participants with special needs must meet the following criteria to take part in programs. If they are unable to do so, participant is welcome to attend programs, but must provide their own assistant for supervision (a family member, companion, etc.)

- Age 13 and over (with exception to select specially designed youth programs)
- Be able to function in a group structure (1 staff member/volunteer per 5 participants)
- Capable of participation in group activities
- Have independent bathroom skills
- Be able to follow basic instructions

NEXT NEWSLETTER

Look out for our next newsletter in mid-August with information on our 2013 Fall activities.

Altamonte Springs Advisory Board for the Disabled, Inc.
225 Newburyport Avenue
Altamonte Springs, FL 32701

Special Needs Activities - Quarterly Newsletter

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CITY OF ALTAMONTE SPRINGS
SPECIAL NEEDS RECREATION
2013 SUMMER NEWSLETTER

The City of Altamonte Springs - Special Community Services and the Advisory Board for the Disabled, Inc. provide social and recreational activities at a minimal cost to the mentally and physically challenged population, ages 13 and up in Altamonte Springs and surrounding communities.

HOW TO SIGN UP

To attend activities, participant must meet the Program Eligibility and complete a Participant Membership Form. Once Membership Form is on file, participant is eligible to attend events. *Select programs require additional registration.

ACTIVITIES COORDINATOR:

Ranwa Nin El-khoury
Office: 407-571-8814 Fax: 407-571-8809
Email: Rrel-khoury@altamonte.org
www.AdvisoryBoardforDisabled.org
www.ASRecreation.org
Mail to: 225 Newburyport Avenue
Altamonte Springs, FL 32701

ACTIVITY LOCATIONS:

- Eastmonte Park - Office
830 Magnolia Drive
Altamonte Springs, FL 32701
- Westmonte Park
624 Bills Lane
Altamonte Springs, FL 32714
- AMF Altamonte Lanes
280 Douglas Avenue
Altamonte Springs, FL 32714
- Lake Brantley South Gym
1010 Sand Lake Road
Altamonte Springs, FL 32714