

## Adaptive Splash

This class is designed to familiarize participants with special needs with the water. They learn basic swimming skills, along with the fundamentals of water safety. All activities are adapted to fit participants' needs. The class is offered in a small group setting for swimmers with little or no experience. The goal is to build confidence in and around the water.

### Beginner

Location: HPAC

AGE	DAY	TIME	DATE	COST	CODE
5-13	Sa	1:10-1:40 pm	08/04-08/25	\$50.00	493077-06
5-13	Sa	1:50-2:20 pm	08/04-08/25	\$50.00	493077-07
5-13	Sa	1:10-1:40 pm	09/08-09/29	\$50.00	494077-00
5-13	Sa	1:50-2:20 pm	09/08-09/29	\$50.00	494077-01
5-13	Sa	1:10-1:40 pm	10/06-10/27	\$50.00	494077-02
5-13	Sa	1:50-2:20 pm	10/06-10/27	\$50.00	494077-03
5-13	Sa	1:10-1:40 pm	11/03-11/17	\$37.50	494077-04
5-13	Sa	1:50-2:20 pm	11/03-11/17	\$37.50	494077-05
5-13	Sa	1:10-1:40 pm	12/01-12/22	\$50.00	494077-06
5-13	Sa	1:50-2:20 pm	12/01-12/22	\$50.00	494077-07
14+	Sa	1:10-1:40 pm	08/04-08/25	\$50.00	493077-14
14+	Sa	1:50-2:20 pm	08/04-08/25	\$50.00	493077-15
14+	Sa	1:10-1:40 pm	09/08-09/29	\$50.00	494077-08
14+	Sa	1:50-2:20 pm	09/08-09/29	\$50.00	494077-09
14+	Sa	1:10-1:40 pm	10/06-10/27	\$50.00	494077-10
14+	Sa	1:50-2:20 pm	10/06-10/27	\$50.00	494077-11
14+	Sa	1:10-1:40 pm	11/03-11/17	\$37.50	494077-12
14+	Sa	1:50-2:20 pm	11/03-11/17	\$37.50	494077-13
14+	Sa	1:10-1:40 pm	12/01-12/22	\$50.00	494077-14
14+	Sa	1:50-2:20 pm	12/01-12/22	\$50.00	494077-15

Location: WRIP

AGE	DAY	TIME	DATE	COST	CODE
5-13	Sa	10:40-11:20 am	08/04-08/25	\$50.00	493077-18
5-13	Sa	10:40-11:20 am	09/08-09/29	\$50.00	494077-16
5-13	Sa	10:40-11:20 am	10/06-10/27	\$50.00	494077-17
5-13	Sa	10:40-11:20 am	11/03-11/17	\$37.50	494077-18
5-13	Sa	10:40-11:20 am	12/01-12/22	\$50.00	494077-19
14+	Sa	10:40-11:20 am	08/04-08/25	\$50.00	493077-22
14+	Sa	10:40-11:20 am	09/08-09/29	\$50.00	494077-20
14+	Sa	10:40-11:20 am	10/06-10/27	\$50.00	494077-21
14+	Sa	10:40-11:20 am	11/03-11/17	\$37.50	494077-22
14+	Sa	10:40-11:20 am	12/01-12/22	\$50.00	494077-23



## Advanced

This class will help build and maintain physical fitness and strength for swimmers with special needs. Participants must be comfortable swimming in deep water. They'll work on improving their swimming skills, along with increasing their knowledge of safety around the water. All activities will be adapted to fit the needs of the participants.

Location: HPAC

AGE	DAY	TIME	DATE	COST	CODE
5-13	Sa	1:10-1:40 pm	08/04-08/25	\$50.00	493078-06
5-13	Sa	1:50-2:20 pm	08/04-08/25	\$50.00	493078-07
5-13	Sa	1:00-1:30 pm	09/08-09/29	\$50.00	494078-00
5-13	Sa	1:40-2:10 pm	09/08-09/29	\$50.00	494078-01
5-13	Sa	1:10-1:40 pm	10/06-10/27	\$50.00	494078-02
5-13	Sa	1:50-2:20 pm	10/06-10/27	\$50.00	494078-03
5-13	Sa	1:10-1:40 pm	11/03-11/17	\$37.50	494078-04
5-13	Sa	1:50-2:20 pm	11/03-11/17	\$37.50	494078-05
5-13	Sa	1:10-1:40 pm	12/01-12/22	\$50.00	494078-06
5-13	Sa	1:50-2:20 pm	12/01-12/22	\$50.00	494078-07
14+	Sa	1:10-1:40 pm	08/04-08/25	\$50.00	493078-14
14+	Sa	1:50-2:20 pm	08/04-08/25	\$50.00	493078-15
14+	Sa	1:00-1:30 pm	09/08-09/29	\$50.00	494078-08
14+	Sa	1:40-2:10 pm	09/08-09/29	\$50.00	494078-09
14+	Sa	1:10-1:40 pm	10/06-10/27	\$50.00	494078-10
14+	Sa	1:50-2:20 pm	10/06-10/27	\$50.00	494078-11
14+	Sa	1:10-1:40 pm	11/03-11/17	\$37.50	494078-12
14+	Sa	1:50-2:20 pm	11/03-11/17	\$37.50	494078-13
14+	Sa	1:10-1:40 pm	12/01-12/22	\$50.00	494078-14
14+	Sa	1:50-2:20 pm	12/01-12/22	\$50.00	494078-15

Location: WRIP

AGE	DAY	TIME	DATE	COST	CODE
5-13	Sa	10:40-11:20 am	08/04-08/25	\$50.00	493078-18
5-13	Sa	10:40-11:20 am	09/08-09/29	\$50.00	494078-16
5-13	Sa	10:40-11:20 am	10/06-10/27	\$50.00	494078-17
5-13	Sa	10:40-11:20 am	11/03-11/17	\$37.50	494078-18
5-13	Sa	10:40-11:20 am	12/01-12/22	\$50.00	494078-19
14+	Sa	10:40-11:20 am	09/08-09/29	\$50.00	494078-20
14+	Sa	10:40-11:20 am	10/06-10/27	\$50.00	494078-21
14+	Sa	10:40-11:20 am	11/03-11/17	\$37.50	494078-22
14+	Sa	10:40-11:20 am	12/01-12/22	\$50.00	494078-23

**HMGC** – Henderson Multigenerational Center, 250 S. Green Valley Pkwy.

**HPAC** – Heritage Park Aquatic Complex, 310 S. Racetrack Rd.

**VRRC** – Valley View Recreation Center, 500 Harris St.

**WRIP** – Whitney Ranch Indoor Pool, 1575 C Galleria Dr.

**WRRC** – Whitney Ranch Recreation Center, 1575 Galleria Dr.

# City of Henderson Therapeutic Recreation & Inclusion Services



## Fall 2018 Activities



Henderson Sports & Recreation

702-267-4065 | [cityofhenderson.com](http://cityofhenderson.com)

## Adaptive Fitness

Our fitness class includes a variety of stretches, walking, low-impact exercises and cool down. It is designed for those with cognitive and physical disabilities and is tailored to meet individualized needs. For those with cognitive and physical disabilities and is tailored to meet individualized needs.

### Location: HMGC

AGE	DAY	TIME	DATE	COST	CODE
14+	W	5:00-5:45 pm	09/05-09/26	\$18.75	494088-00
14+	M	5:00-5:45 pm	09/10-09/24	\$14.06	494088-01
14+	M	5:00-5:45 pm	10/01-10/29	\$23.44	494088-02
14+	W	5:00-5:45 pm	10/03-10/24	\$18.75	494088-03
14+	M	5:00-5:45 pm	11/05-11/26	\$18.75	494088-04
14+	W	5:00-5:45 pm	11/07-11/28	\$18.75	494088-05

## Golden Nugget Pool

Join us for a morning of pool and sun. The Golden Nugget has places to lie out and soak up the sun as well as a pool with a see-through shark tank and water slide. Participants must be able to swim. Please bring \$20 for concessions. Round-trip transportation is included. Register by Aug. 23.

### Location: WRRRC

AGE	DAY	TIME	DATE	COST	CODE
20+	Sa	8:30-11:30 am	08/25	\$44.00 4	494097-00

## NEW! Yoga

Yoga is a great way to calm the mind and strengthen your body. You will be guided through this relaxing class by a Yoga for Life instructor who specializes in working with the disabled. Register by Sept. 6.

### Location: HMGC

AGE	DAY	TIME	DATE	COST	CODE
13+	Sa	1:00-2:00 pm	09/08	\$13.00	494126-00

## NEW! Cooking Class

Have you wanted to learn how to cook, but are worried you can't? Join us as we guide you through making an Italian meal of Italian sausage, vegetables and rice with a smoothie. We will also review the food pyramid to learn about proper portions. Register by Sept. 20.

### Location: HMGC

AGE	DAY	TIME	DATE	COST	CODE
20+	Sa	11:30 am-12:45 pm	09/22	\$12.00	494127-00



## NEW! The Farm

If you love animals you can't miss this trip to the Farm. You will get a tour of the farm and see many animals up close, help to feed and even pet them, if you choose. You will also get to enjoy a hayride that is wheelchair accessible. A waiver is required before attending. Round-trip transportation is included. Register by Oct. 4.

### Location: WRRRC

AGE	DAY	TIME	DATE	COST	CODE
5-12	Sa	9:00-11:30 am	10/06	\$16.50	494128-00
13+	Sa	1:00-3:30 pm	10/06	\$16.50	494128-01

## NEW! Baking Class

Would you like to learn how to bake or make desserts? Join us as we guide you through making pumpkin bread and apple cider snickerdoodle cookies. Register by Oct. 11.

### Location: HMGC

AGE	DAY	TIME	DATE	COST	CODE
20+	Sa	1:00-2:45 pm	10/20	\$12.00	494129-00

## NEW! Rail Explorers Ride

Take a tour with Rail Explorers and experience the magic of the railroad like never before. Ride the rails on their pedal-powered "Rail Explorers." They are easy to pedal and the company will lift and transfer anyone in a wheelchair who can sit in a seat independently with a lap seatbelt. Round-trip transportation included. Register by Nov. 1.

### Location: VVRC

AGE	DAY	TIME	DATE	COST	CODE
13+	Sa	9:30 am-noon	11/03	\$35.00	494130-00

## Thanksgiving Feast

Join us once again for our Thanksgiving feast. Participants help shop for ingredients, cook and decorate for this tasty event. Parents/guardians are invited to come back 30 minutes early to share in the meal, and everyone will share what they are thankful for. Transportation and food are included. Register by Nov. 8.

### Location: VVRC

AGE	DAY	TIME	DATE	COST	CODE
13+	Sa	2:30-7:00 pm	11/10	\$23.00	494074-00

## NEW! Behind the Scenes at Tanked

Step into the world of the hit TV series Tanked on this 70-minute guided tour. Participants get to see how the aquariums are built, including the large machines used to make the tanks. The tour includes 15 tanks containing live fish and animals. There will be parrots present for those who would like to hold one. Roundtrip transportation included. Register by Nov. 15.

### Location: HMGC

AGE	DAY	TIME	DATE	COST	CODE
13+	M	12:30-2:45 pm	11/19	\$37.00	494131-00

## Glittering Lights Tour

Take a ride through the grand holiday light displays at the Las Vegas Motor Speedway. We will enjoy holiday music as we see all the sites. Bring hot chocolate or money to purchase snacks at the entrance if you wish. Parents are required to register and attend. Family members are also encouraged to register. Register by Nov. 29.

### Location: WRRRC

AGE	DAY	TIME	DATE	COST	CODE
13+	Sa	5:00-8:00 pm	12/01	\$17.00	494132-00

## Holiday Shopping

This year we head to the Premier Outlet mall to help participants get their holiday shopping done and have lunch at Shake Shack with friends. Please bring money and a list of things to purchase. Transportation and lunch are included. Participants will be contacted with the menu after registration. Register by Dec. 6.

### Location: HMGC

AGE	DAY	TIME	DATE	COST	CODE
13+	Sa	10:00 am-3:00 pm	12/08	\$25.50	494075-00

## NEW! Pajama Train

The Boulder City train will be transformed for the holidays. Participants ride the historic train in their pajamas and enjoy a hot chocolate and cookie while Santa visits and tells stories. Bring your camera for some great pictures. Round-trip transportation is included. Please note, the date may change when more information is released closer to the event. Register by Dec. 13.

### Location: HMGC

AGE	DAY	TIME	DATE	COST	CODE
5-12	Sa	5:30-7:15 pm	12/15	\$26.00	494133-00

## You're Included

Some individuals with disabilities prefer to participate in the City's general recreation programs. To include those with disabilities, we provide support in the form of adaptive equipment, program modification, additional staff training, support staff, and other services to facilitate inclusion. Our staff assists in determining the most effective means of inclusion support for individuals to participate in any program.