

Therapeutic Bowling

Instructor: Danville Bowl

This is a therapeutic recreation class. This is a fun, recreational class where participants will learn bowling basics such as approach, strikes, spares, and frames. Includes three games and shoe rental. Meet at the Danville Bowl. Please call (925) 973-3325 for more information.

Ages 8+

10 Classes \$80(R/GO)/\$100(N)

Danville Bowl

Mon 1/6 - 3/24 3:15pm- 4:45pm Act #88600

Mon 3/31 - 6/9 3:15pm- 4:45pm Act #88601

Therapeutic Cooking Class

Instructor: Rainbow Chefs

Students learn camaraderie in cooking and playing food-oriented games. Recipes are broken into single-step segments for quick understanding and the ability to retain information; instructors employ think/pair/share techniques so students interact with one another and help each other and problem-solve. Student's help each other read instructions, and discuss which utensils to use for which task. What could be more enticing than making projects and playing games about food, and then eating that food? A \$25 material fee is payable to the instructor on the first day of class.

Ages 13 - 25

5 Classes \$144(R/GO)/\$180(N)

Dougherty Station Community Center

Wed 2/5 - 3/12 4:00 pm- 5:30 pm Act #88610

Wed 4/23 - 5/28 4:00 pm- 5:30 pm Act #89206

Special Olympics

The City of San Ramon together with Special Olympics Northern California provide year-round sports training and athletic competition in a variety of Olympic-style sports for persons eight years of age and older with developmental disabilities. All sports training and competition opportunities are free for Special Olympic Athletes. Special Olympic medical forms must be on file prior to the first day of training.

Basketball

Athletes will participate in ten training sessions that focus on skills training. All athletes will have the opportunity to enjoy competing against their peers in a regional competition.

Ages 8+ 10 Classes Free

Iron Horse Community Gymnasium Court C

Wed 1/8 - 3/12 6:00pm- 8:00pm Act #88595

Bocce Ball

Athletes will learn to toss the pallino, score points, and increase overall skills. The bocce ball tournament will take place in mid-May. Special Olympic Medical Forms must be on file prior to the first day of training.

Ages 8+ 8 Classes Free

Alcosta Senior & Community Center Park

Thu 3/13 - 5/1 3:30pm- 5:30pm Act #88596

Tennis

Special Olympics offers an introductory course covering proper Tennis swing, grip and stance. This course will also cover basic club/equipment design, rules and etiquette. Racquets will be provided if needed.

Ages 8+ 8 Classes Free

Dougherty Valley High School

Mon 3/31 - 5/19 6:00pm- 7:30pm Act #88598

Swimming

Aquatics athletes will learn basic skills needed to compete in a swim meet including: new strokes, breathing techniques, and competition strategies. Special Olympic swimming transitions from Saturdays to Sundays in May.

Ages 8+ 8 Classes Free

San Ramon Olympic Pool

Sat 3/29 - 4/26, Sun 5/4 - 5/18

12:00pm- 2:00 pm Act #88597

CAMPS

T.E.A.M. Therapeutic Sports Camp

T.E.A.M. The Exceptional Athlete Matters Sports Camp. This is a one week introductory sports camp for youth with special needs. Participants will be introduced to several sports including Basketball, Tee Ball, Track and Soccer. Through games and activities our athletes will build self-esteem, develop motor skills, learn proper stretching and basic rules of the games. The program will be a collaboration between the Parks and Community Services Department and the CSU East Bay Recreation Department.

Ages 13 - 21

GO)/\$124(N)

5 Classes \$99(R/

Windemere Ranch Middle School

Mon-Fri 4/14 - 4/18 9:00am-12:00 pm Act #88599

Inclusion Services Program

The Parks and Community Services Department welcomes and encourages the participation of children and adults with disabilities in all of our programs and services. Our goal is to facilitate opportunities for participants with and without disabilities, and to engage in recreational pursuits together.

- Contact the Therapeutic Recreation Office at (925) 973-3325 or email at parks@sanramon.ca.gov, Attn: Therapeutic Recreation Office, and inform them of your registration two weeks in advance.

- Once you contact the office you will be asked to help staff fill out a profile on the participant. After the profile is filled out it will be sent to the supervisor of the program the participant is registered for.

- The TR staff and the supervisor of the program will work together to meet the needs of the participant and assure the best recreational experience possible.

- Services the Therapeutic Recreation (TR) Office provides:

- TR staff will use profile information to help facilitate participation in a program based on the participant's needs

- TR staff will provide an aide based on participant's needs or allow a personal specialist to work within our program if necessary.

Therapeutic Recreation