A Service of the Union County Board of Chosen Freeholders

Union County

We're Connected to You!

The Union County Board of Chosen Freeholders and the Department of Parks and Community Renewal Present

Recreation Programs for People with Disabilities

APRIL - JUNE 2012

For More Information:

908-527-4806

mheisey@ucnj.org

For more Information: Please call 908-527-4806, visit us online at ucnj.org or email mheisey@ucnj.org

RECREATIONAL SWIM

Free recreational swim sessions for people with disabilities will continue at Fanwood-Scotch Plains YMCA, every Tuesday evening from 7:00 -8:00 pm. The spring session will run through June 12. Sign in at the front desk upon arrival. Persons requiring assistance either in the water or in the locker room must make their own arrangements for an aide. (One aide per person will be admitted free of charge.) Organizations are limited to five people and must provide a chaperone in the water and each locker room if the group is co-ed. Call 908-527-4900 for information.

PLEASE DO NOT CALL THE YMCA! No spectators, please.

Fanwood-Scotch Plains YMCA

1340 Martine Avenue, Scotch Plains

SWIM AT UNION COUNTY'S POOLS

Open recreational swimming is **free** for people with disabilities and senior citizens at Union County's two pools. Please see the Recreational Swim program for policies regarding aides and chaperones.

Mondays, June 25 - August 27

Ulrich Pool, Rahway 6:00 pm - 8:00 pm

Wednesdays, June 27 - August 22

Wheeler Pool, Linden 12:00 pm - 1:00 pm

Watchung Stable

1160 Summit Lane, Mountainside. For more information call (908) 789-3665

Spring Troop Show: Friday, May 25, 4:00 pm until dusk; Saturday & Sunday, May 26 & 27, 8:00 am - 4:30 pm The Mounted Troop Horse Show will be held over three days. Spectators welcome! Admission is free.

Trailside Nature and Science Center

Trailside Nature and Science Center, located in the Watchung Reservation, 452 New Providence Road, Mountainside, offers year-round nature and environmental programs for individuals and families of all ages. For information call (908)789-3670 or visit ucnj.org/trailside.

Wild Earth Fest: May 6, 11am - 5pm. Admission $3.00, ages 6 & under free

Animal demonstrations, stage shows, family activities, information on organic foods, recycling, water conservation & more. Craft & food vendors, music, face painting, give-aways & games. Wildlife Photography and Environmental Hero winners will be announced.

The Union County Master Gardeners' Annual Spring Garden Fair and Plant Sale

Sunday, May 20, 12:00-5:00 pm, Admission is free

Featuring lectures, displays, plant and insect ID, garden tour, and children's activities. Items for sale will include vegetables, annuals, unusual perennials, houseplants, herbs and shrubs.

Recycling Events

Please call the Recycling Hotline at 908-654-9889 or visit ucnj.org/recycling to learn about events

Telecommunications Relay Service (TRS) for those who have speech or hearing disabilities is available by dialing 711.

For more information about these and other events, please visit us online at ucnj.org

NEW PROGRAM SOCCER

Get your game on for 6 weeks of fun! Join Coach Jorge to learn the basic fundamentals of the game of soccer! Please wear sneakers and sweatpants. Chaperones are required to stay on premises when class is in session.

Ages 8-22 **Mondays, May 14, 21, June 4, 11, 18, 25 6:00 pm - 7:00 pm** Warinanco Park, Elizabeth/ Roselle—Behind Warinanco Ice Skating Center

Registration Fee: $12.00

NEW EVENT LUAU

Throw on your grass skirt and celebrate with an afternoon of dancing, games & refreshments. A DJ will provide music and dance floor games. If your feet need a rest, chill out with some fruity drinks, visit with friends or create a craft to take home as a party keepsake! Pre-registration is required. No payments at the door will be accepted.

Saturday, June 16 1:30 pm – 4:00 pm Oak Ridge Park136 Oak Ridge Road, Clark—***Registration Fee: $10.00***

NEW PROGRAM Sensory Friendly Theater for Children with Autism & their Families

Sundays, 2:00 pm June 10: Tom Chapin & Friends

October 7 & November 4: ***To be announced***

Union County Performing Arts Center, 1601 Irving Street, Rahway

Ticket Price: $8.00 per person

Families with children with autism and related disabilities may call the box office for tickets at 732-499-8226.

Box Office Hours:

Wed. -Fri. 11:00 am - 5:00 pm

Thurs. 11:00 am - 8:00 pm

YOGA FOR TEENS

Teenagers ages 13-18 have the opportunity to learn yoga techniques which provide a variety of physical benefits, including body strengthening, flexibility and relaxation. Breath work will be taught as a tool to help calm the nervous system and clear the mind. During each session, students will be guided into deep relaxation. Yoga mats will be provided. Participants are asked not to eat for 2 hours before the program.

Wednesdays, April 18, 25, May 2, 9, 16 5:00-6:00 pm at

Trailside Nature & Science Center 452 New Providence Road, Mountainside, NJ

Registration Fee: $12.00

CULINARY DELIGHTS*

Join us at Classic Thyme Cooking School in Westfield as Chef Eileen Rooney helps participants create a full meal, from beverage to dessert, all to be enjoyed by you during class! Group homes are limited to 2 participants.

Saturday, May 19 9:30 am-11:00 am

Classic Thyme Cooking School, 710 South Avenue, Westfield

Registration Fee: $8.00 per session

SPRING FISHING DERBY

The East Central District Elks will provide another day of fabulous fishing fun including contests and a hot dog lunch! Enjoy fishing with your own pole, or use one provided.

This event is free, but pre-registration is necessary.

Saturday, May 12. 10:00 am - 2:00 pm

Echo Lake Park, Lower Lake Mountainside

CERAMICS*

This popular ceramics program will be held at the Gregorio Center in Linden. Enjoy an evening with friends while creating a keepsake to take home with you. This program is run in conjunction with the City of Linden's Department of Recreation.

Group homes are limited to two participants.

Tuesdays, 7:00 pm - 8:15 pm

Session 1: April 17 & 24

Session 2: June 19 & 26

Gregorio Recreation Center 330 Helen Street, Linden

Registration Fee: $8.00

MODIFIED EXERCISE

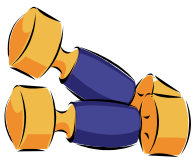
Biweekly exercise for people who have had a stroke, or have any type of ***physical disability,*** will begin Tuesday, April 10 and will continue on Tuesdays and Thursdays through November 1. This is a non-stressful exercise program which will emphasize balance, posture and overall health. The program is accessible to those in wheelchairs and contains activities that can be adapted for everyone. Pre-registration is required. Please contact the Department of Parks and Community Renewal for Registration information at (908) 527-4806.

Tuesdays and Thursdays 12:00-1:00 pm

April 10 - November 1, 2012

Runnells Specialized Hospital of Union County

40 Watchung Way, Berkeley Heights



2012 PROGRAM REGISTRATION FORM FOR PEOPLE WITH DISABILITIES—PLEASE PRINT

Participant's Name _____ Date of Birth _____

Address _____ City _____

Zip code _____ Telephone _____

Email _____ Classification/Disability _____

Emergency Contact During the Program (include name, relation, phone number):

_____

Does the Participant use any Assistive Devices? If Yes, Please Indicate:

_____

Are Any Special Accommodations Needed? If Yes, Please Indicate:

_____

Medications: _____

Physician Name and Phone: _____

Check here	Program	Fees
	Ceramics: April 17 & 24	$8.00
	Ceramics: June 19 & 26	$8.00
	Culinary Delights: May 19	$8.00
	Soccer: May 14, 21, June 4, 11, 18, 25 * NEW PROGRAM *	$12.00
	Yoga for Teens: April 18, 25, May 2, 9, 16	$12.00
	Luau: June 16 * NEW EVENT *	$ 10.00
	Spring Fishing Derby: May 12	FREE
Total:	**Please make Checks and Money Orders payable to: "COUNTY OF UNION" PLEASE DO NOT SEND CASH**	

REGISTRATION INSTRUCTIONS

Complete one form for each participant. Registrations are on a first-come, first-served basis. No refunds will be issued. Credits will be given if a program is cancelled due to severe weather or if the program is cancelled by the registrant at least (3) days in advance.

Please call 908-527-4806 with questions

DETACH AND RETURN THIS COMPLETED REGISTRATION FORM TO:

COUNTY OF UNION

DEPARTMENT OF PARKS AND COMMUNITY RENEWAL

300 North Ave. East, Westfield, NJ 07090

Attention: Margaret Heisey

Programs marked with an asterisk (*) are made possible by funding from the NJ Department of Community Affairs through a Recreational Opportunities for Individuals

RELEASE, COVENANT NOT TO SUE, ETC. PLEASE READ CAREFULLY

In consideration of and by participating in any activity at, through or with any programs listed, participant acknowledges the presence of any and all risks both foreseeable and unforeseeable and releases and holds harmless the County of Union, and their employees, agents and/or servants, for any and all accidents, injury and/or claim to any person resulting from said participation including any claim on account of first aid, treatment or service rendered and hereby covenants not to sue, participate in or allow to be filed any proceeding of any kind arising from same for him/herself and personal representative, heirs and next of kin. Participant further states that he/she has carefully read this document, has been advised of potential dangers and is aware of the legal consequences of signing this release and sign it of my own free will.

I hereby register (grant permission for) _____

to participate in the programs listed above.

I acknowledge that I have read and agreed to the Release, Covenant not to sue statement on this page. **Yes** **No**

Photo Release:

I also give Union County permission to photograph the above named registrant for publicity purposes. **Yes** **No**

_____

Signature of Parent/Guardian/Recreation Leader Date