



# Therapeutic Recreation

All of our therapeutic recreation programs require advance registration. For more information or to register for any of these programs, call the therapeutic recreation coordinator at (408) 730-7359.

Sunnyvale's Therapeutic Recreation Program provides social and recreation programs for individuals with disabilities. We welcome individuals with various disabilities including, but not limited to, developmental, intellectual, autism, cerebral palsy, visual/hearing impairment and physical disabilities. Programs are supervised and managed by a certified recreation therapist. Program staff are trained to provide the highest quality of service to participants while meeting individual needs. All participants must be independently capable of personal care or provide their own attendant.

Our programs are designed to:

- Provide recreation opportunities in a safe, caring and positive environment
- Create self-confidence through exposure to new recreation opportunities
- Enhance gross and fine motor coordination skills, social interaction and self-expression
- Foster independence



Having your child participate weekly in Kids Klub or Teen Hangout gives them an opportunity to socialize and participate with fellow youth outside of a classroom setting. **(Asset #18)**

[41Assets.inSunnyvale.com](http://41Assets.inSunnyvale.com)

## Youth

### Kids Klub – 5:1 Ratio (7 – 12 years)

Participants will enjoy group games, arts and crafts, and physical activities in a fun and safe afterschool club environment. Kids Klub helps participants develop and practice appropriate social interaction, following directions, cooperation and decision making. Participants must be independent with personal care and able to attend program with the staff ratio or bring an attendant.

**Instructor:** Staff

**Location:** Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
25900.KK	7 – 12	9/23 – 11/11	W	3:30 p.m. – 5 p.m.	\$75/\$94

### Teen Hangout – 8:1 Ratio (13 – 19 years)

Teens will hang out with friends Monday afternoons for games, physical activities, arts and crafts, music and socializing. Participants will strengthen skills in social interaction, decision making, independence and self-expression. Participants must be able to attend a large social gathering with minimal supervision or bring an attendant.

**Instructor:** Staff

**Location:** Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
235900.TT	13 – 19	9/21 – 11/9	M	3:30 p.m. – 5 p.m.	\$75/\$94

## Adults

### Bowling – 12:1 Ratio (18+)

Participants bowl weekly at Homestead Lanes. Improve bowling skills, while building sportsmanship, teamwork and making new friends. Regular and bumper lanes available. Bowling shoes and adaptive equipment are provided. Participants must be able to attend a large social gathering with minimal supervision and assistance from staff, or bring an attendant.

**Instructor:** Staff

**Location:** Homestead Lanes, 20990 Homestead Road, Cupertino

Class #	Age	Dates	Day	Time	Fee (Res/NR)
245920.HH	18+	9/24 – 11/12	Th	3:30 p.m. – 5 p.m.	\$73/\$91



Photo by Vaentyana Gorbachenko

### Saturday of Experience – 10:1 Ratio (18+)

Come join us for a morning of fun filled activities. Activities include arts and crafts, cooking, games, sports and outings. Emphasis is on strengthening life skills, social etiquette and leisure awareness. Participants must be able to attend a large social gathering with minimal supervision and assistance from staff or bring an attendant.

**Instructor:** Staff

**Location:** Recreation Center Neighborhood Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
245910.SS	18+	9/26 – 11/14	Sa	10 a.m. – 12:30 p.m.	\$79/\$99

## Community Organizations

Organizations listed here provide recreational opportunities specifically for individuals with disabilities. For more information, contact the organization directly.

AYSO (American Youth Soccer Organization) (408) 739-AYSO

Little League Challenger Baseball challenger@cad44.org

Santa Clara County Special Olympics (408) 392-0170