



# Therapeutic Recreation

All of our therapeutic recreation programs require advanced 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 provides social 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

## Youth

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

This afterschool program will include group games, arts and crafts, and activities in a fun and safe environment. Program will focus on appropriate social interaction, following directions, cooperation and decision making. Participants will need to bring a snack each week. **Participants must be independent with personal care and able to attend program with staff ratio or bring an attendant.**

**Instructor:** Staff

**Location:** Recreation Center Community Room

Class #	Age	Dates	Day	Time	Fee (Res/NR)
425900.KK	7 – 12	2/24 – 4/13	W	3:30 p.m. – 5 p.m.	\$75/\$94



Kids Klub

## Teen

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

Hangout with your friends for an afternoon of games, active 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)
435900.TT	13 – 19	2/22 – 4/11	M	4 p.m. – 5:30 p.m.	\$75/\$94

## Adults

### Community Explorations – 12:1 Ratio (18+)

Let's explore the community while improving life skills. Program will focus on strengthening leisure awareness and life skills in money management and social etiquette. The first week of the session will be held at the Recreation Center to identify and develop life skills needed on community outings. Each week following will be a different community outing which may include bowling, hiking, museums, shopping, movies and more. Admission fees are included. Transportation will not be 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:** Varies by week

Class #	Age	Dates	Day	Time	Fee (Res/NR)
445940.CE	18+	2/25 – 4/14	Th	3:30 p.m. – 5 p.m.	\$75/\$94



Saturday of Experience

Photo by Valentyna 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)
445910.SS	18+	2/27 – 4/16	Sa	10 a.m. – 12:30pm	\$79/\$99