

Somerset County Park Commission

Therapeutic Recreation Department



TEEN/YOUNG ADULT CONNECTION

(Ages 14-21)

WINTER/SPRING 2012

GENERAL INFORMATION

- Programs are open to teens/young adults with a developmental disability who reside in a participating municipality in Somerset County. (Call the TR office at 908 526-5650 to verify municipal eligibility or visit us at www.somersetcountyparks.org).
- Individuals registering for programs must be 14 years of age at the start of a specific program and 21 years of age for 3/4 of a specific program. Individuals turning 14 the week a program begins are eligible to register for that specific program.
- If you are applying for a scholarship, you must submit a deposit of \$5.00 per program when registering. (See registration form.) Additional paperwork will then be sent to you for completion if necessary.

Registration will be accepted on a first-come first-served basis if space is available:

- ◆ By walking your registration to North Branch Park between 8:00 am - 4:30 pm
- ◆ Phone, if using a credit card, to 908 526-5650 between 8:00 am - 4:30 pm
- ◆ By faxing, if using a credit card, to 908 429-5508 between 8:00 am - 4:30 pm

Questions? Need additional information?
Please call the TR staff at 908 526-5650.
Individuals with a hearing/speech impairment may call the Relay Service @ 711.

Programs will take place at the TR Activity Center, North Branch Park, 355 Milltown Road, Bridgewater unless otherwise specified.

Fitness Fun

Join us for more fitness fun. Through a variety of exercises and strength training, we will raise our fitness level. Wear exercise clothing and bring a mat. This program is being conducted for both teens and adults. A special instructor will be joining us for part of this program.

Open to: Individuals ages 14 - 21

When: Mondays, January 23, 30
February 6, 27
March 5, 12

Time: 7:00 - 8:30 pm

Cost: \$60.00

Friday Night Drop In

Have a blast hanging out with friends while taking part in fun leisure activities. New events are planned this season, so come join the fun. This program is less structured as compared to other activities offered by the TR department.

Open to: Individuals ages 14 - 21

When: Friday, February 3, 24
March 9, 23
April 13, 27
May 11, 25
June 8

Time: 7:00 - 9:00 pm

Cost: \$72.00



*Somerset County
Park Commission*

Sensational Snacks

Who doesn't like a great afternoon snack? In this cooking program you will use a variety of ingredients to create tasty and nutritious snacks while learning new culinary skills. No previous cooking experience necessary.

Open to: Individuals ages 14 - 21
When: Tuesdays, February 7, 14, 21
Time: 7:30 - 9:30 pm
Cost: \$39.00



Friends in Harmony

Ever dreamed of singing in a rock band? If so, then this program is for you. You will have the opportunity to work with professional musicians while learning basic techniques including; posture, breathing, pitch and choreography. A community based performance will take place the final week. This program is being conducted for both teens and adults.

Open to: Individuals ages 14 - 21
When: Wednesdays, February 29
Mach 7, 14, 21, 28
Time: 7:00 - 8:30 pm
Cost: \$55.00

Artrageous

One person's junk is another person's treasure when you turn it into 3 dimensional works of art. Get ready to roll up your sleeves and get messy making a variety creations including marbled paper, sculpture and other 3-D masterpieces.

Open to: Individuals ages 14 - 21
When: Tuesdays, March 6, 13, 20
Time: 7:00 - 8:30 pm
Cost: \$36.00

Get Fit & Healthy

Let's keep the momentum going by setting the goal to get fit and be healthy. Through a variety of exercises, yoga and learning how to prepare healthy foods, we will work together to achieve our goal. Wear comfortable clothing and bring a water bottle and mat every week. If the weather is nice we will go out of doors. This program is being conducted for both teens and adults.

Open to: Individuals ages 14 - 21
When: Mondays, April 9, 16, 23, 30
Time: 7:00 - 8:30 pm
Cost: \$32.00



Out & About

There are still many local restaurants to explore in Somerset County, so join your friends for a fun and yummy time. Bring \$25.00 each week to cover the cost of your meal, beverage, tax and gratuity. A flyer with more details will be sent.

Open to: Individuals ages 14 - 21
When: Tuesdays, April 3, 10, 17
Time: 6:30 - 8:30 pm
Cost: \$36.00

Tennis Instruction

Looking to improve your tennis skills or want to try a new sport, then this is the program for you. Tennis pro Mike Watson will teach you the basics from ground stokes to volleying. Bring a tennis racket and filled water bottle each week.

Open to : Individuals ages 14—21
When: Tuesdays, May 8, 15, 22, 29
June 5
Time: 6:00 - 7:00 pm
Where: Green Knoll Tennis Center
Garretson Road, Bridgewater
Cost: \$60.00

Separate payment is required for this program. If paying with a credit card we will charge your card separately.

Program Registration

Name: _____
Birth Date: _____ Age: _____
Street Address: _____
Town: _____ Zip: _____
Evening Phone: _____
Disability/Classification: _____
Email: _____

- Fitness Fun (\$60.00)
- Friday Night Drop In (\$72.00)
- Sensational Snacks (\$39.00)
- Friends in Harmony (\$55.00)
- Artrageous (\$36.00)
- Get Fit & Healthy (\$32.00)
- Out & About (\$36.00)

Total Amount: \$ _____

- Tennis (\$60.00 Separate check)

Scholarship: No Yes

If yes, include a \$5.00 per program deposit when registering unless you have been instructed otherwise.

Payment: Check Credit Card
 Cash (exact change)

Card #: _____

Expiration Date: _____

Signature: _____

Return this form with payment to:
Somerset County Park Commission—TR
P.O. Box 5327
North Branch, NJ 08876