



City of Santa Clara

The Center of What's Possible



*Serving the recreational and social needs
of individuals with disabilities,
with Integrity and Pride, since 1973.*

Spring/Summer Newsletter

TRS Office: (408) 615-3169 / Senior Center

1303 Fremont St. Santa Clara, 95050

Therapeutic Recreation Coordinator: Lauren Council, CTRS

lcouncil@santaclaraca.gov

Visit our Website at

[http://santaclaraca.gov/government/departments/parks-recreation/
therapeutic-recreation-services](http://santaclaraca.gov/government/departments/parks-recreation/therapeutic-recreation-services)

Register for Classes online at

<https://apm.activecommunities.com/santaclara/>



THERAPEUTIC RECREATION SERVICES

Therapeutic Recreation Services has served the recreational and social needs of individuals who have disabilities, with integrity and pride, since 1973. We are committed to fostering and promoting a safe and healthy leisure lifestyle for people with disabilities/special needs in the Santa Clara community. Programs and activities are positive, achievable and non-competitive – focusing on one’s ABILITIES rather than disabilities. Meaningful and purposeful activities are planned to develop and enhance:

- Leisure Awareness • Personal Growth & Development • Self-Esteem***
- Increased Independence • Social Skills • Community Awareness***
- Self-Confidence • Community Pride • Communication***
- Fine & Gross Motor Coordination • Health & Wellness Quality of Life***

ID FIT PROGRAM

Fitness Center and Natatorium Swim Facility

The Santa Clara Senior Center facility is wheelchair accessible and designed to meet the needs of Santa Clara seniors (ages 50+) and individuals with disabilities (18+). Residents of the City of Santa Clara ages 18 +, who have a “qualifying” disability or permanent medical condition may be eligible to use the fitness center and/or the indoor pools during open use hours. The Fitness Center is equipped with “user friendly” cardio equipment, weight machines, free weights, core conditioning equipment, and a stretching area. The Natatorium consists of three indoor pools: a training lap pool, a warm water pool, and a soaking tub. The training pool has a zero entry ramp for wheelchairs. The warm water pool is equipped with a powered chair lift, low level stairs and an independent wheelchair transfer area. Interested individuals must complete a required registration form to obtain a current ID Fitness/Aquatics card. Information and registration forms are available online at www.SantaClaraCA.gov/SeniorCenter or at the Senior Center. Please contact the Senior Center (408) 615-3170 with questions and information regarding eligibility and registration as well as current open-swim and fitness room hours.



TRS VOLUNTEERS

A variety of volunteer opportunities are available for those ages 14 and above, including students who need service hours. **Why Volunteer for TRS?** As a TRS Volunteer you will make a difference in someone’s life, give back to your community, build your resume, learn new skills, and **HAVE FUN!** **Contact Lauren Council at (408) 615-3169 or at lcouncil@santaclaraca.gov to apply to be a volunteer.**

COOPERATIVE DANCE

(Ages 16 and older) Come on out— Bring a friend or meet some new ones and dance the night away! Dances are sponsored cooperatively by the cities of Santa Clara, San Jose, and Sunnyvale, and are planned for individuals with disabilities/special needs. Supervision is provided by each agency. Tickets can only be purchased at the door on the evening of each scheduled dance. Cost is \$7.00/person and \$3.00 (Optional) Photo Booth. Dance hours are 7:00-9:30pm unless otherwise noted. Please note: Supervision begins at 7:00pm.

- ◆ **Friday, May 12 Sunnyvale Senior Center**
- ◆ **Friday, October 20 San José Camden Community Center**
- ◆ **Friday, December 1 Sunnyvale Senior Center**



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SOCIAL RECREATION CLUBS

Participants must be able to attend the Social Recreation Clubs with minimal supervision and minimal assistance from staff.

ADULT SOCIAL CLUB

Ages: 18 and up · Senior Center

This club is designed for individuals who enjoy being physically active, learning new games, socializing with peers and developing new friendships all in a fun energetic environment. Focus is on group process, appropriate social interaction and leisure education. Participants are placed in a designated group with peers based on functioning level and abilities. (8:1 ratio) **No class on 7/4.**

Code	Day	Time	Dates	Res /Non-Res
9598	T	6:00 PM-8:00 PM	4/18-5/23	\$68 / \$85
9613	T	6:00 PM-8:00 PM	6/13-7/25	\$68 / \$85
9697	T	6:00 PM-8:00 AM	8/8-8/29	\$45 / \$56

CAPABILITIES CLUB

Ages: 18 and up · Senior Center

This club is designed to meet the needs of individuals with disabilities who require additional assistance with communication and physical “hand-over-hand” activity. This club is perfect for individuals interested in socializing with peers in small groups. (6:1 ratio) **No class on 7/5.**

Code	Day	Time	Dates	Res /Non-Res
9601	W	5:30 PM-7:30 PM	4/19-5/24	\$68 / \$85
9614	W	5:30 PM-7:30 PM	6/14-7/26	\$68 / \$85
9698	W	5:30 PM-7:30 PM	8/9-8/30	\$45 / \$56

TEEN CLUB

Ages: 13 to 19 · Teen Center

2446 Cabrillo Ave, Santa Clara

Teens just want to have FUN! And that’s what this high energy active group enjoys each week. Join friends and make new ones while participating in active group games, crafts, music, and special events. Club will meet at the Teen Center, where participants with disabilities can have fun with video games, billiards, movies, and much more! Siblings and friends welcome. (8:1 ratio) **No class on 7/6.**

Code	Day	Time	Dates	Res /Non-Res
9608	Th	6:30 PM-8:30 PM	4/20-5/25	\$68 / \$85
9621	Th	6:30 PM-8:30 PM	6/15-7/27	\$68 / \$85
9705	Th	6:30 PM-8:30 PM	8/10-8/31	\$45 / \$56

THE SOCIAL-LITES

Ages: 21 and up · Senior Center

Step out on Friday nights! Community, social, and leisure education is the focus of this group for individuals with disabilities. Spend time with friends; organize group outings, activities, and special events; strengthen life skills in money management and social etiquette. Two to three outings are planned per session. Transportation is not provided. This club is designed for the independent, higher functioning individual. Participant must be able to attend and interact with minimal supervision, and/or independently direct staff for assistance. (12:1 ratio)

No class on 7/7.

Code	Day	Time	Dates	Res /Non-Res
8801	F	6:00 PM-9:00 PM	4/21-5/19	\$65 / \$81
9622	F	6:00 PM-9:00 PM	6/16-7/28	\$78 / \$96
9706	F	6:00 PM-9:00 PM	8/4-8/25	\$51 / \$63

CHILDREN’S RECREATION

Ages: 4 to 12 · Community Recreation Center

969 Kiely Blvd, Santa Clara

Come play on Saturday mornings! Participants are placed in a designated playgroup with peers based on age and functioning level. Activities, for the younger participant’s group, involve parallel play and provide exploration, self-expression, independence, and physical development. The older participant’s group emphasizes small group play, appropriate social interaction, decision making, and skill development. Please send your child with a healthy snack each week. Siblings and Friends welcome.(5:1 ratio)

No class on 7/1.

Code	Day	Time	Dates	Res /Non-Res
8791	Sa	9:30 AM-11:30 AM	4/22-5/20	\$56 / \$70
9623	Sa	9:30 AM-11:30 AM	6/17-7/29	\$68 / \$85
9707	Sa	9:30 AM-11:30 AM	8/5-8/26	\$45 / \$56



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FITNESS & WELLNESS PROGRAMS

GOTTA DANCE

Ages: 13 and up · Senior Center

Do you find yourself toe tappin' and bopping when you hear music? These classes are geared towards teens and adults who want to learn simple dance steps while moving to the latest music. Classes focus on gross motor coordination, balance, directionality, self-expression, body awareness, creativity and sequencing.

Gotta Dance I - Beginning level class. No prior dance experience necessary. **(5:1 ratio provided) No class on 7/5.**

Code	Day	Time	Dates	Res /Non-Res
9605	W	7:15 PM-8:15 PM	4/19-5/24	\$60 / \$75
9618	W	7:15 PM-8:15 PM	6/14-7/26	\$60 / \$75
9702	W	7:15 PM-8:15 PM	8/9-8/30	\$40 / \$50

Gotta Dance II - Intermediate level class. Prior experience or instructor approval necessary. More emphasis on technique, combinations and choreographed routines. **(8:1 ratio provided)**

Code	Day	Time	Dates	Res /Non-Res
9603	W	6:00 PM-7:00 PM	4/19-5/24	\$60 / \$75
9616	W	6:00 PM-7:00 PM	6/14-7/26	\$60 / \$75
9700	W	6:00 PM-7:00 PM	8/9-8/30	\$40 / \$50

GETTIN' FIT

Ages: 13 and up · Senior Center

Want to get in shape or improve your overall physical health? These classes, designed to accommodate those with developmental and intellectual disabilities will provide a total body workout utilizing both cardio and strength training. Healthy eating habits, safe training practices, and proper use of the fitness equipment and free weights will be emphasized. **(6:1 ratio provided) No class on 7/5.**

Code	Day	Time	Dates	Res /Non-Res
9602	W	6:00 PM-7:00 PM	4/19-5/24	\$60 / \$75
9604	W	7:15 PM-8:15 PM	4/19-5/24	\$60 / \$75
9615	W	6:00 PM-7:00 PM	6/14-7/26	\$60 / \$75
9617	W	7:15 PM-8:15 PM	6/14-7/26	\$60 / \$75
9699	W	6:00 PM-7:00 PM	8/9-8/30	\$40 / \$50
9701	W	7:15 PM-8:15 PM	8/9-8/30	\$40 / \$50

TRS Water Exercise

Ages: 13 and up · Senior Center

Join the TRS Staff in the Warm Water Pool for a workout, with this water exercise class! Participants must be water safe and able to swim, follow directions, and work side by side with others. Participants must be able to attend class with limited supervision and minimal assistance provided, or bring an attendant (5:1 ratio provided). **No class on 7/4.**

Code	Day	Time	Dates	Res /Non-Res
9600	T	4:30 PM-5:00 PM	5/2-5/23	\$38 / \$48
9599	T	5:00 PM-5:30 PM	5/2-5/23	\$38 / \$48
9612	T	4:30 PM-5:00 PM	6/13-7/25	\$56 / \$70
9611	T	5:00 PM-5:30 PM	6/13-7/25	\$56 / \$70
9696	T	4:30 PM-5:00 PM	8/8-8/22	\$29 / \$36
9695	T	5:00 PM-5:30 PM	8/8-8/22	\$29 / \$36

TRS Aquatics: Swimmers

Ages 4 to 12 at 4:45-5:15 PM

Ages 13 and up at 5:15-5:45 PM

Senior Center

This course is designed for those who are able to float on front and back and glide independently or with minimal assistance. Participants will be introduced to swimming techniques to enhance safety, endurance, and strength training and may include freestyle, backstroke, and elementary backstroke, in a safe and gentle environment. Class takes place in the warm water pool. (3:1 ratio) **No class on 7/6.**

Code	Day	Time	Dates	Res /Non-Res
9606	Th	4:45 PM-5:15 PM	5/4-5/25	\$38 / \$48
9607	Th	5:15 PM-5:45 PM	5/4-5/25	\$38 / \$48
9619	Th	4:45 PM-5:15 PM	6/15-7/27	\$56 / \$70
9620	Th	5:15 PM-5:45 PM	6/15-7/27	\$56 / \$70
9703	Th	4:45 PM-5:15 PM	8/10-8/31	\$29 / \$36
9704	Th	5:15 PM-5:45 PM	8/10-8/31	\$29 / \$36

*****Please note the dates above for the TRS Water Exercise and TRS Aquatics classes have been updated since the City Park and Recreation Activity Guide came out. There will not be any TRS Aquatics or TRS Water Exercise classes during the weeks of April 18th-April 27th as originally advertised in the Activity Guide.**

TRS REGISTRATION FORM

Payment by check or money order should be made payable to the City of Santa Clara.

All payments must be received before the start of programs (see below for credit card payments).

Please return or mail advance registration to: Therapeutic Recreation Services, c/o Santa Clara Senior Center,
1303 Fremont St., Santa Clara, CA 95050

Please complete all sections. Please sign all areas. If you would like your receipt mailed to you, please enclose a business size, self-addressed, stamped envelope. Un-mailed receipts are distributed during program/class.

Participant's Name _____ Home Phone Number _____

Date of Birth _____ Age _____ Gender M F E-mail Address: _____

Address _____ City _____ Zip _____

- RESIDENT– live in Santa Clara or attends Santa Clara Unified School District
- Check here if this is a new address or phone number Check here if you are new to our programs
- Check here if you will be taking Outreach to TRS programs. Outreach Identification Number: _____

School/Place of Employment _____

Parent or main contact name _____ Cell Phone Number _____

Emergency Name (other than residence) _____ Phone Number _____

Relationship to Participant _____

Participant's Name	Program	Course Number	Fee
		Total Fees:	

METHOD OF PAYMENT

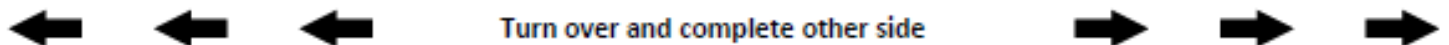
Cash
 Check
 Paid on Line
 Balance on Account
 Credit Card*

*If you prefer to pay by credit card you will be contacted by staff when payment is due.

PARTICIPANT INFORMATION

Participant, Parent or Guardian please complete the information on the back of this page thoroughly. Information shared is utilized by Therapeutic Recreation Services Staff to assess and provide the best accommodations possible based on the participant's individual needs. **ALL INFORMATION WILL REMAIN CONFIDENTIAL.**

Please contact Therapeutic Recreation Services at (408) 615-3170 if you have any questions or concerns.



Clearly print information below

Participant's Medical Diagnosis (i.e. intellectual disability, autism, anxiety disorder etc.) _____

History of Seizures Yes No Date of Last Seizure _____

Special Needs/Restrictions (i.e. special diets, allergies, medical conditions, physical activity limitations, etc.)

List all medication participant is currently taking _____

RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

In consideration of the acceptance by the City of the application for entry into the classes or activities listed on the Registration Form on the reverse side of this Agreement and entry to and use of any facilities or equipment as part of these classes or activities, I hereby waive, release and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me as a result of my participation in said classes or activities. This release Agreement is intended to discharge in advance the City of Santa Clara, its City Council, officers, agents, and employees, the Santa Clara Unified School District, its School Board, officers, agents and employees from and against any and all liability arising out of or connected with my participation in said classes or activities and entry to and use of any facilities or equipment, even though that liability may arise out of NEGLIGENCE or CARELESSNESS, on the part of the persons or entities mentioned above.

I HAVE READ THE DESCRIPTION IN THIS CATALOG OF EACH CLASS OR ACTIVITY FOR WHICH I HAVE REGISTERED, AND I AM AWARE THAT THESE CLASSES OR ACTIVITIES MAY SUBJECT ME TO PHYSICAL RISKS AND DANGERS. NEVERTHELESS, I VOLUNTARILY AGREE TO ASSUME ANY AND ALL RISKS OF INJURY OR DEATH, AND TO RELEASE, DISCHARGE, AND HOLD HARMLESS ALL OF THE ENTITIES OR PERSONS MENTIONED ABOVE WHO, THROUGH NEGLIGENCE OR CARELESSNESS, MIGHT OTHERWISE BE LIABLE TO ME, OR MY HEIRS, PERSONAL REPRESENTATIVES, RELATIVES, SPOUSE OR ASSIGNS.

It is understood and agreed that this waiver, release, and assumption of risk is to be binding on my HEIRS, PERSONAL REPRESENTATIVES, RELATIVES, SPOUSE and ASSIGNS and is intended to be as broad and inclusive as is permitted by the laws of the State of California and that if any portion of this Agreement is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I have carefully READ this Agreement and fully understand its content. All participants registered in classes or activities, including minors 13-17 years of age, must sign this Agreement.

PARTICIPANTS, AGE 13 and up, SIGN BELOW

Signature: _____ Print Name: _____ Date: _____

TO BE COMPLETED BY PARTICIPANT, PARENT OR GUARDIAN (OF DEPENDENT or MINOR PARTICIPANTS)

I have fully read this Agreement and fully understand its content. Furthermore, the significance of this release of liability and assumption of risk agreement has been EXPLAINED TO THE MINOR.

I certify that I have custody or am the legal guardian of said minor/dependent participant and that I and/or my minor/dependent child are physically able to participate in recreation activities. In the event I or said minor/dependent requires medical treatment while under the supervision of City staff and/or agents, I authorize said staff to provide and/or authorize medical treatment. I expect City staff to contact me immediately in the event emergency medical treatment is required for said minor/dependent, but this contact is not necessary to administer emergency aid. I will pay for all medical treatment which I or said minor/dependent may require. I understand the City may include pictures and/or video of me and/or said minor/dependent during department activities for brochures or other publicity. I understand I will not receive any compensation for use of such pictures or video.

I give my consent to the Santa Clara Parks and Recreation Department to photograph said registered participant(s). Check one:

Yes No

Signature of participant or parent /guardian: _____ Date: _____

Print participant or parent/guardian name: _____

Please indicate whether you are signing as: Participant Parent Guardian