

# Adaptive Programming

## Special Needs Hip Hop Class

Take a chance and dance! This hip hop class is designed for youth of all abilities, ages 9-16, to participate and enjoy meeting new friends, moving to the beat and learning hip hop routines. Students achieve a feeling of success each week as they gain a new skill, improve balance, stability and stamina, and socialization skills.

Class can be done unassisted but aides, parents, or guardians are welcome to join in for success. For questions specific to this class contact Kick It Up! at (562) 430-1812. Instructor: Kick It Up! Staff

•**Location: Kick It Up, 8129 E. Wardlow Rd., Long Beach.**

•**No class April 25.**

<b>13345</b>	<b>Th</b>	<b>6:30pm-7:30pm</b>	<b>2/7-3/14</b>	<b>Off Site</b>	<b>\$40/6 Mtgs</b>
<b>13346</b>	<b>Th</b>	<b>6:30pm-7:30pm</b>	<b>3/21-5/2</b>	<b>Off Site</b>	<b>\$40/6 Mtgs</b>

## Top Flight on Ice

This class is specifically designed for the Special Needs Community, ages 3 and older. All skaters will learn to skate with a qualified instructor. Skaters will learn to skate forward and backward, and gain confidence to skate on their own. Class fee includes skate rental, half hour of instruction and free practice session on your registered class day: Wednesday 7:10-7:40 p.m. or Saturday 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. For more information, visit [www.therinks.com](http://www.therinks.com). Instructor: The Rinks Staff

•**Location: The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.**

<b>13409</b>	<b>W</b>	<b>6:10pm-6:40pm</b>	<b>2/6-2/27</b>	<b>Off Site</b>	<b>\$45/4 Mtgs</b>
<b>13411</b>	<b>Sa</b>	<b>9:45am-10:15am</b>	<b>2/9-3/2</b>	<b>Off Site</b>	<b>\$45/4 Mtgs</b>
<b>13410</b>	<b>W</b>	<b>6:10pm-6:40pm</b>	<b>3/6-3/27</b>	<b>Off Site</b>	<b>\$45/4 Mtgs</b>
<b>13413</b>	<b>Sa</b>	<b>9:45am-10:15am</b>	<b>3/9-3/30</b>	<b>Off Site</b>	<b>\$45/4 Mtgs</b>
<b>13412</b>	<b>W</b>	<b>6:10pm-6:40pm</b>	<b>4/3-4/24</b>	<b>Off Site</b>	<b>\$45/4 Mtgs</b>
<b>13415</b>	<b>Sa</b>	<b>9:45am-10:15am</b>	<b>4/6-4/27</b>	<b>Off Site</b>	<b>\$45/4 Mtgs</b>
<b>13414</b>	<b>W</b>	<b>6:10pm-6:40pm</b>	<b>5/1-5/22</b>	<b>Off Site</b>	<b>\$45/4 Mtgs</b>
<b>13417</b>	<b>Sa</b>	<b>9:45am-10:15am</b>	<b>5/4-5/25</b>	<b>Off Site</b>	<b>\$45/4 Mtgs</b>
<b>13416</b>	<b>W</b>	<b>6:10pm-6:40pm</b>	<b>5/29-6/19</b>	<b>Off Site</b>	<b>\$45/4 Mtgs</b>
<b>13636</b>	<b>Sa</b>	<b>9:45am-10:15am</b>	<b>6/1-6/22</b>	<b>Off Site</b>	<b>\$45/4 Mtgs</b>



**Finished with this Brochure?**  
**Don't throw it away! Pass it along to a friend. We rely upon our friends to help us spread the word about our programs.**

## Adaptive Recreation

Adaptive Recreation is designed to provide equal recreation and leisure opportunities for people with special needs. For participants 8 years of age through adults who can function at a 1:4 ratio (staff to participants). Activities include arts and crafts, themed parties, mini-trips and sports training. Other special events or dances are offered throughout the year for a marginal fee. Registration is limited. The Adaptive Recreation program meets at Bloomfield Park, Tuesdays from 3:30 pm – 5:30 pm. There is a \$5 fee on special “party” days. For more information call Bloomfield Park at (562) 865-1717.

### Friday Night Spring Events:

**January 18**

**ARP Dinner and a Movie**  
**6pm – 10pm • \$20**

**February 15**

**Valentine Dance**  
**6:30pm – 9:30pm • \$5**

**March 15**

**ARP Talent Show**  
**6:30pm – 8:30pm • \$5**

**April 19**

**ARP Cosmic Bowling • \$20**  
**6pm – 10pm**

**May 17**

**ARP Prom Dance**  
**6:30pm – 9:30pm • \$5**

## Special Olympics

Lakewood partners with Special Olympics Southern California to provide a year-round athletic program for individuals with intellectual and developmental disabilities. Three sports seasons are offered:

**Spring – Basketball and Bocce Ball**

**Summer – Bowling\***

**Fall – Softball, Soccer and Golf\***

\***Bowling/Golf practice dates vary, and are held off site Practices are held every Thursday, from 6:30**

**– 8:30 p.m. at Bloomfield Park.** Miscellaneous tournaments are also provided each season along with a full schedule of inclusionary team softball and basketball games within the Lakewood Youth Sports program. Program registration and medical clearance is required prior to participating.

Ages 8 – adult welcome. For more information call Bloomfield Park at (562) 865-1717.

**Spring Season Parent/Guardian Program Meeting**

**Thursday, March 14 • 6:30pm**

**Bloomfield Park**

