**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.*  
16733 Th 6:30pm-7:30pm 2/6-3/28 Off Site $50/8 Mtgs  
16734 Th 6:30pm-7:30pm 4/2-5/21 Off Site $50/8 Mtgs

**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. Instructor: The Rinks Staff  
*Location: The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.*  
*No class February 15.*  
16828 W 6:10pm-6:40pm 2/5-2/26 Off Site $50/4 Mtgs  
16830 Sa 9:45am-10:15am 2/6-2/29 Off Site $38/3 Mtgs  
16829 W 6:10pm-6:40pm 3/4-3/25 Off Site $50/4 Mtgs  
16832 Sa 9:45am-10:15am 3/7-3/28 Off Site $50/4 Mtgs  
16831 W 6:10pm-6:40pm 4/14-22 Off Site $50/4 Mtgs  
16834 Sa 9:45am-10:15am 4/4-24 Off Site $50/4 Mtgs  
16833 W 6:10pm-6:40pm 4/29-5/20 Off Site $50/4 Mtgs  
16836 Sa 9:45am-10:15am 5/2-5/23 Off Site $50/4 Mtgs  
16835 W 6:10pm-6:40pm 5/27-6/17 Off Site $50/4 Mtgs  
16837 Sa 9:45am-10:15am 5/30-6/20 Off Site $50/4 Mtgs

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**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 – 5:30 p.m. There is a $5 fee on special “party” days. For more information call Bloomfield Park at (562) 865-1717.

**ARP Events Spring 2020**

**January 17**  
ARP Dinner and a Movie  
6 – 10 p.m. • $20

**February 14**  
Valentine Dance  
6:30 – 9:30 p.m. • $5

**March 20**  
ARP Talent Show  
6:30 – 8:30 p.m. • $5

**April 24**  
ARP Cosmic Bowling  
6 – 10 p.m. • $20

**May 22**  
ARP Prom Dance  
6:30 – 9:30 p.m. • $5

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**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.

**Spring Season Program Meeting**  
Thursday, March 19 • 6:30 p.m.  
Bloomfield Park

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**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.