

Specialized Recreation

Specialized Recreation programs are designed specifically for people with disabilities. Other programs listed in the Program Brochure are open to all abilities and we request you check yes on the registration form if you need reasonable modifications so that we can provide accommodations.

Easter Eggstravaganza (age 0-12) FREE

Children 12 years of age and younger with special needs, developmental and/or physical disabilities are invited to a very special egg hunt. Bring a buddy to help if needed. Enjoy fun activities and entertainment after the hunt. Bring your Easter Basket, meet the Easter Bunny and get ready to scout the field for lots of colorful Easter Eggs. No registration is required for this event.

Location: Fred G. Bond Metro Park; Field #6
Fees: Free
 Thu Apr 5 6-8 p.m.

Age 7 & Under Egg Hunt begins at 6 p.m.
 Age 7-12 Egg Hunt begins at 6:30 p.m.
 Age 8-12 Egg Hunt begins at 6:30 p.m.

Aquafina Major League Baseball Pitch, Hit & Run (age 7-14) FREE

Aquafina Major League Baseball Pitch, Hit & Run is a FREE competition for boys and girls aged 7-14. Participants with special needs are invited to compete in this pitching, hitting and running event. Accommodations will be provided for each skill set as needed. Pre-registration is encouraged. Participants can come any time between 6-7:30 p.m. to participate. The competition will take approx 25 minutes to complete.

Location: USA Baseball National Training Complex
Fees: Free
Instructor: Town of Cary Baseball & Softball Instructors
 57682 Thu Mar 22 6-8 p.m.

Wake County Resources

- Autism Society of NC (919) 743-0204
- BridgellSports(866) 880-2742
- Community Partnerships, Inc.(919) 781-3616
- Family Support Network(919) 662-4600
- North Carolina Special Olympics(919) 807-8378
- North Carolina Spinal Cord Injury Association .(919) 350-4172
- Special Education PTA..... (919) 788-2500
- Autism Society of NC(919) 743-0204
- The ARC of Wake County(919) 832-2660
- The Miracle League of the Triangle, Inc. (919) 238-0333
- Triangle Down Syndrome Network(919) 788-3646
- Triangle United Way(919) 460-8687
- Wake County Human Services (919) 212-7301

ADAPTIVE SPORTS

The Town is partnering with **Bridge II Sports** to facilitate adaptive sports programs. Bridge II Sports, a non profit, creates opportunities for children and adults who are physically challenged to play sports individually or on a team, helping them discover tenacity, confidence, self-esteem and the joy of finding the player within. For details go to www.bridge2sports.org or call **Ashley Thomas (866) 880-2742**.

Current programs at Town facilities:

- **Wheel Chair Tennis – Cary Tennis Park**
- **Boccia – Second Sunday at Bond Park Community Center**



BRIDGE II SPORTS




The **Raleigh Sidewinders** are official members of the US Quad Rugby Association, (USQRA), www.quadrugby.com and sponsored by the North Carolina Spinal Cord Injury Association (NCSCIA). The team is comprised of individuals with disabilities that preclude their play in competitive, able-bodied sports. Players must have mobility impairments in their arms and legs to be considered eligible for participation. Most of the players have sustained cervical spinal cord injuries and have some type of quadriplegia as a result. The players are active members in their community, striving for a level of skill and competition offered by quad rugby. Team practices are held at the Bond Park Community Center on Saturdays. For more information call **(919) 350-4172** or email RaleighQuadRugby@yahoo.com.




The Town of Cary Parks, Recreation and Cultural Resources Department is committed to an inclusive approach to recreation and encourages individuals with and without disabilities to participate together. In order for individuals with disabilities to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. If you or a family member requires a reasonable modification to participate in a program, please check the appropriate box on the registration form.

Super Bowl....Super Foods! (age 11-17)

 Start off the New Year right, with healthy snacks you can make yourself! Whether it's the after-school munchies or Super Bowl party time, be prepared with healthy fare that's easy to do... and better for your waistline, too! Come into the kitchen with us and create some bright and scrumptious recipes with these foods that will have your taste buds saying 'yum' and your body saying 'thanks'!


Location: Herbert C. Young Community Center
Instructor: Marianne Crafts-Brandner
Fees: \$23(R) \$30(N) (1 class)
57804 Fri Jan 27 5:30-7 p.m.

Good Fat, Bad Fat (age 11-17)

 In matters of the heart, (and for overall health, as well) it matters that you know by-heart which foods contain the heart-healthy fats. Have fun learning the 'fat' facts, while preparing a tasty, healthy meal.

Location: Herbert C. Young Community Center
Instructor: Marianne Crafts-Brandner
Fees: \$23(R) \$30(N) (1 class)
57805 Tue Feb 14 5:30-7 p.m.

Think Green! (age 11-17)


 It's time to think green! And not just for St. Paddy's Day. Think GREEN, as in plants, and greening up your diet! Eating a more plant-based diet is better for you and better for the planet, too! We'll be cooking up an easy and delicious vegetarian meal.

Location: Herbert C. Young Community Center
Instructor: Marianne Crafts-Brandner
Fees: \$23(R) \$30(N) (1 class)
57806 Wed Mar 14 5:30-7 p.m.




All About Eggs!

All About Eggs! (age 11-17)

 Eggs are one of nature's most perfect foods...and eggs-actly right for breakfast! Learn how to make three quick recipes using eggs.

Location: Herbert C. Young Community Center
Instructor: Marianne Crafts-Brandner
Fees: \$23(R) \$30(N) (1 class)
57807 Wed Apr 25 5:30-7 p.m.

Spring Salads (age 11-17)

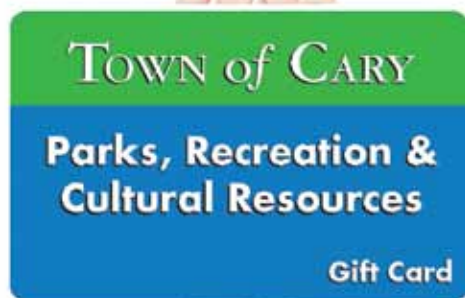
 Just in time for Mother's Day! Learn how to make a beautiful salad, an edible work of art Mom will love!

Location: Herbert C. Young Community Center
Instructor: Marianne Crafts-Brandner
Fees: \$23(R) \$30(N) (1 class)
57808 Mon May 7 5:30-7 p.m.

New!!! Gift Cards Available.

Get yours today at any PRCR facility so you can laugh, learn, play with the Town of Cary.

- Birthdays
- Holidays
- Special Occasions
- Thank You



Get one today at any PRCR facility.
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