



BALTIMORE CITY
RECREATION & PARKS

Winter 2026



THERAPEUTIC
RECREATION



Therapeutic Recreation Program Guide

Baltimore City Recreation & Parks Therapeutic Recreation Program welcomes and encourages individuals with and without disabilities to participate in recreation programs.

Therapeutic Recreation programs provide skill development, leisure education, recreation participation, fine motor skill development and refinement, as well as a creative outlet for individuals with various disabilities. The programs also encourage peer socialization in order to nurture relationships and strengthen social skills.

Many of the programs also provide participants with the opportunity to improve their cardiovascular and muscular systems through physical activity. The Fitness and Wellness programs work to enhance participants' motor coordination through dance, arm and leg movements, and stretching. Programs offered as a partnership program with Special Olympics of Maryland also help participants to build upon their ability to work with others in a team setting.

Information: Olivia Miller (410) 396-1550 or olivia.miller@baltimorecity.gov

Registration: [Catalog - Baltimore City Recreation and Parks](#) or <https://secure.rec1.com/MD/baltimore-md/catalog>

Inclusion / Accommodation Requests

Recreation is for everyone at Baltimore City Recreation & Parks!

We value inclusion and access for all community members.

If you or an individual you support requires program accommodations due to their disability, please contact our Inclusion Specialist at least two weeks prior to the start of your registered program.

To learn more about inclusion and inclusion services visit:

[Inclusion Services | Department of Recreation & Parks](#)

Information: Tina Powell (410) 396-1550 or tina.powell@baltimorecity.gov

Attendance / Lateness Policy

If a participant is absent for two weeks in a row for a reoccurring (weekly) program, and you do not contact the TR Program Manager or Program Assistant via email or phone call / text, then the participant will be removed from that program. You will be issued a user credit on your Civic Rec account which will be prorated for the amount of weeks remaining for the program.

Due to potential disruptions, if a participant arrives with 15 minutes or less left in a program, they will not be permitted to attend the program on that day.

Art, Music, & STEM Programs

ARTS & CRAFTS

*Weekly art class provided by visiting instructors.
Come enhance and explore your creative side
under the guidance of our expert and caring
instructors!*

Goal: Improve fine motor skills and increase self-expression

Dates/Session Times:

Mondays, Jan. 5 - Mar. 9 (no session Jan. 19, Feb. 16)
10:00 am - 11:00 am

Cost: \$8 total

Wednesdays, Jan. 7 - Mar. 11
10:00 am - 11:00 am

Cost: \$10 total

Wednesdays, Jan. 7 - Mar. 11
11:15 am - 12:15 pm

Cost: \$10 total



Age: All Ages Welcome

Location:

Farring-Baybrook Recreation Center
4501 Farring Ct, Baltimore, MD 21225

BOTANICAL ART

Experience the therapeutic benefits of drawing from life as you render a natural object in graphite and watercolors. Enjoy a tour of the ornate historical Cylburn Mansion.

Goal: Improve fine motor skills and increase self-expression

Dates/Session Times:

Friday, Jan. 30
10:30 am - 12:00 pm

Friday, Mar. 27
10:30 am - 12:00 pm

Cost: \$5 per participant

Age: All Ages Welcome

Location: Cylburn Arboretum

4915 Greenspring Ave, Baltimore, MD 21209



MUSIC THERAPY

Join us for a weekly music class, led by a board-certified music therapist, which will provide opportunities for connection and social engagement through creative music therapy experiences.

Goal: Increase creativity and self-expression, improve listening skills

Dates/Session Times:

Mondays, Jan. 5 - Mar. 9 (no session Jan. 19, Feb. 16)
11:45 am - 12:30 pm

Cost: \$10 total

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct, Baltimore, MD 21225



STEM

We invite you to explore engaging introductory projects in science, technology, engineering, and math (STEM). Each month brings a new and exciting project - check out the details below!

Goal: Improve critical thinking skills; improve fine and gross motor skills

Dates/Session Times:

Friday, Jan. 9
10:30 am - 12:00 pm

Friday, Feb. 6
10:30 am - 12:00 pm

Friday, Mar. 6
10:30 am - 12:00 pm

Cost: \$2 per participant

Age: All Ages Welcome

Location: Middle Branch Fitness & Wellness Center
201 Reedbird Ave, Baltimore, MD 21225



All-Access Nature Education

We are excited to collaborate with Carrie Murray Nature Center to bring you All-Access Nature Education Programs. Our All-Access Nature Education Programs invite participants of all abilities to experience the wonders of the natural world through gentle, hands-on exploration. Each program offers a relaxed pace and a welcoming atmosphere where everyone can engage with nature in ways that feel comfortable and meaningful. Designed with sensory exploration in mind, these programs encourage touch, smell, sound, and sight as pathways to connection - from feeling the texture of moss and bark, to listening to bird calls, to meeting our animal ambassadors up close. Whether indoors or along accessible park trails, we celebrate the many ways people experience and enjoy the world around them. At Carrie Murray Nature Center, inclusion means belonging: every visitor, family, and learner is part of the community of care that makes nature for everyone.

TURKEY TOUCH & TELL

Join our beloved ambassador turkey, Uncle Steve, for a gentle sensory experience designed for individuals with specific needs and their caregivers. Participants can touch feathers, listen to turkey calls, and explore tactile materials from the Turkey Education Trunk. Each guest chooses their level of interaction for a fun, accessible encounter.

Goal: Increase leisure awareness

Dates/Session Times:

Friday, Jan. 9

10:00 am - 12:00 pm

Cost: \$5 per participant

Age: All Ages Welcome

Location: Carrie Murray Nature Center
1901 Ridgeway Rd, Baltimore, MD 21207



WINTER SENSORY EXPLORATION

Experience the winter world through touch and sound in this program designed for participants with specific needs. Explore soft furs, skull replicas, and track molds from the Furbearer Trunk, then gently meet one of our turtles or snakes to compare textures and shapes.

Goal: Increase leisure awareness

Dates/Session Times:

Friday, Feb. 6

10:00 am - 12:00 pm

Cost: \$5 per participant

Age: All Ages Welcome

Location: Carrie Murray Nature Center
1901 Ridgetop Rd, Baltimore, MD 21207



A TOUCH OF SPRING

Celebrate the changing season with a sensory program focused on texture and smell. Touch soft moss and budding twigs, smell fresh herbs, and taste simple herbal teas. Meet one of our box turtles to see who's waking up as spring begins!

Goal: Increase leisure awareness

Dates/Session Times:

Friday, Mar. 6

10:00 am - 12:00 pm

Cost: \$5 per participant

Age: All Ages Welcome

Location: Carrie Murray Nature Center
1901 Ridgetop Rd., Baltimore, MD 21207



**CARRIE MURRAY
NATURE CENTER**

Social Programs

BINGO

Come test your luck at B-I-N-G-O and see how many prizes you can win! Beverages are included.

Goal: Increase leisure awareness; improve social skills

Dates/Session Times:

Friday, Jan. 16 (Theme: Winter Wonderland)
10:30 am - 12:00 pm

Friday, Feb. 13 (Theme: Valentine's Day)
10:30 am - 12:00 pm

Friday, Mar. 13 (Theme: St. Patrick's Day)
10:30 am - 12:00 pm

Cost: \$2 per participant

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct, Baltimore, MD 21225



DISCO

Come socialize and dance the day away at a themed dance party! Lunch (pizza) and beverages are included.

Goal: Increase leisure awareness; improve social skills; increase self-expression

Dates/Session Times:

Friday, Jan. 23 (Theme: Winter Wonderland)
10:30 am - 1:00 pm

Friday, Feb. 20 (Theme: Valentine's Day)
10:30 am - 1:00 pm

Friday, Mar 20 (Theme: St. Patrick's Day)
10:30 am - 1:00 pm

Cost: \$8 per participant

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct., Baltimore, MD 21225

If participants are registered for this program and unable to attend, payment is still required unless notification is given at least 48 hours prior to program beginning.



WINTER KARAOKE



Join us to karaoke, socialize, and bring some cheer this winter! Karaoke songs can be selected from pre-approved list. Pizza and drinks will be provided.

Goal: Increase social skills

Dates/Session Times:

Friday, Feb. 27

10:30 am - 1:00 pm

Cost: \$8 per participant

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct., Baltimore, MD 21225

INCLUSIVE EGG-STRAVAGANZA!

Get ready for an egg-citing adventure! Join us for a day filled with joy, laughter, and the thrill of discovering hidden treasures all in a sensory friendly environment.

Goal: Increase emotion regulation, improve social skills, improve fine and gross motor skills

Dates/Session Times:

Saturday, Mar. 28

10:00am - 1:00pm

Cost: FREE

Age: All Ages Welcome

Location: Druid Hill Park



MY CONNECTION CAFE

This program is designed to provide a physically and emotionally safe space, where parents of children with disabilities can communicate together, share ideas, and express themselves freely. The purpose is to connect each participant with other individuals who share similar experiences, to equip them with an outlet, and more tools to navigate parenting children with disabilities. It is also designed to provide parents with a positive community to reach out to and lean on.

Goal: Increase social connections, build emotional resilience

Dates/Session Times:

Wednesdays, 6:00 pm - 7:30 pm

Jan. 14 & Jan. 28 (Rita Church)

Feb. 11 & Feb. 25 (Cahill)

Mar. 11 & Mar. 25 (Farring-Baybrook)

Cost: FREE

Age: All Ages Welcome

Location: Rita Church Community Center
2101 Saint Lo Dr, Baltimore, MD 21213

Cahill Recreation Center
4001 Clifton Ave, Baltimore, MD 21216

Farring Baybrook Recreation Center
4501 Farring Ct, Baltimore, MD 21225



WEDNESDAY SOCIAL CLUB

Join us each week for socializing, board games, music, and more! Hang out with your old pals and make new friends!

Goal: Increase social skills, self-expression, independence

Dates/Session Times:

Wednesdays, Jan. 7 - Mar. 11

11:00 am - 1:00 pm

Cost: \$10 total

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct., Baltimore, MD 21225



Adapted Swim Lessons

CHILDREN



ADULT

These eight-week swim lessons are designed specifically for individuals with physical, intellectual, or developmental challenges. Participants will build water comfort and swimming skills in a supportive, small-group environment.

Each participant must be accompanied by an adult aide that is comfortable in the water to assist the participant during the lesson.

A Zoom orientation will be held prior to the first class to introduce the program and answer any questions.

Goal: Increase swimming abilities; learn water safety skills; improve self-confidence

Dates/Session Times:

Wednesdays, Jan. 21 - Mar. 11
(Pre-class Zoom: TBD)
3:15 pm - 4:00 pm

Cost: \$80 total

Age: 12+

Location: Middle Branch Fitness & Wellness Center
201 Reedbird Ave, Baltimore, MD 21225

These eight-week swim lessons are designed specifically for individuals with physical, intellectual, or developmental challenges. Participants will build water comfort and swimming skills in a supportive, small-group environment. Each participant must be accompanied by an adult aide that is comfortable in the water to assist the participant during the lesson. A Zoom orientation will be held prior to the first class to introduce the program and answer any questions.

Goal: Increase swimming abilities; learn water safety skills; improve self-confidence

Dates:

Wednesdays, Jan. 21 - Mar. 11 (Pre-class Zoom: TBD)

Cost: \$80 total

Age: 5-11

Location: Middle Branch Fitness & Wellness Center
201 Reedbird Ave, Baltimore, MD 21225

Level 1: 4:15 pm- 5:00 pm

Level 1 is ideal for children that lack confidence in and around the water or most likely have never had any formal swim lessons before.

Level 2: 5:15 pm - 6:00pm

Level 2 is ideal for children that have some swim abilities and are comfortable in and around the water. We will be working on more advanced skills.



FITNESS (FARRING-BAYBROOK)

Weekly fitness class provided by visiting instructors. Get a great, low-impact workout under the guidance of our expert and caring instructors! Exercises are specifically adapted based on abilities.

Goal: Increase strength and muscle tone, increase awareness of physical exercises

Dates/Session Times:

Wednesdays, Jan. 7 - Mar. 11

10:00 am - 11:00 am

Cost: \$10 total

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct., Baltimore, MD 21225



FITNESS (RITA CHURCH)

Weekly fitness class provided by visiting instructors. Get a great, low-impact workout under the guidance of our expert and caring instructors! Exercises are specifically adapted based on abilities.

Goal: Increase strength and muscle tone, increase awareness of physical exercises

Dates/Session Times:

Thursdays, Jan. 8 - Mar. 12

10:00 am - 11:00 am

Cost: \$10 total

Age: All Ages Welcome

Location: Rita Church Community Center
2101 Saint Lo Dr, Baltimore, MD 21213



WHEELCHAIR BASKETBALL OPEN GYM

Come try out wheelchair basketball. No experience necessary. Limited number of sport wheelchairs available for participant use.

Goal: Increase physical fitness, increase leisure awareness

Dates/Session Times:

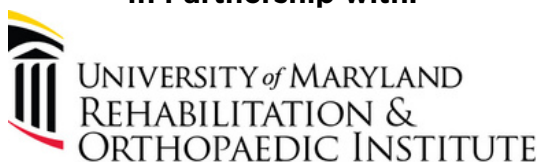
Tuesdays, Jan. 6 - Mar. 24
6:00 pm - 8:00 pm

Cost: FREE

Age: 14+

Location: Cahill Recreation Center
4001 Clifton Ave, Baltimore, MD 21216

In Partnership with:



YOGA

Uniquely designed to develop skills for personal empowerment and emotional balance. Participants will also explore physical strength and coordination while they learn breathing techniques, yoga poses, and cross-body movements. We also practice mindfulness activities based on themes such as trust, self-care, and connection to build self-reliance and resilience to be our best selves.

Goal: Increase strength, balance, and muscle tone; increase emotional distress tolerance

Dates/Session Times:

Mondays, Jan. 5 - Mar. 9 (no session Jan. 19, Feb. 16)
11:15 am - 12:00 pm

Cost: \$10 total

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct., Baltimore, MD 21225



SPECIAL OLYMPICS OF MD PARTNERSHIP PROGRAMS

SPECIAL OLYMPICS BASKETBALL SKILLS



Athletes will learn basketball skills while also practicing teamwork and cooperation. Please sign up for only one session so that all athletes who want to participate will have the opportunity to do so.

Goal: Increase physical fitness, increase leisure awareness

Dates/Session Times:

Tuesdays, Jan. 6 - Feb. 3
10:30 am - 12:00 pm

Thursdays, Jan. 8 - Feb. 5
10:30 am - 12:00 pm

Tuesdays, Feb. 10 - Mar. 10
10:30 am - 12:00 pm

Thursdays, Feb. 12 - Mar. 12
10:30 am - 12:00 pm

Cost: FREE

Age: Ages 18+

Location: Farring-Baybrook Recreation Center
4501 Farring Ct., Baltimore, MD 21225



SPECIAL OLYMPICS CHEER SKILLS CLINIC

Participants will learn more about cheerleading and learn from practiced cheer coaches. Participants will have the opportunity to rotate through various skills stations all while making new friends!

All abilities are welcome.

Goal: Increase interpersonal skills, improve physical fitness and leisure awareness

Dates/Session Times:

Friday, Jan. 9, 1:00 pm - 4:00 pm

Saturday, Jan. 10, 1:00 pm - 4:00pm

Cost: FREE

Age: All Ages Welcome

Location: Farring-Baybrook Recreation Center
4501 Farring Ct., Baltimore, MD 21225



SPECIAL OLYMPICS LEARN TO SWIM

Participants will learn the basic skills required for swimming. Program will prepare participants to compete with the Special Olympics swim team in the Spring. Contact Special Olympics Maryland at sobaltcity@icloud.com (410) 775-6817 to register.

Goal: Increase interpersonal skills, improve physical fitness and leisure awareness

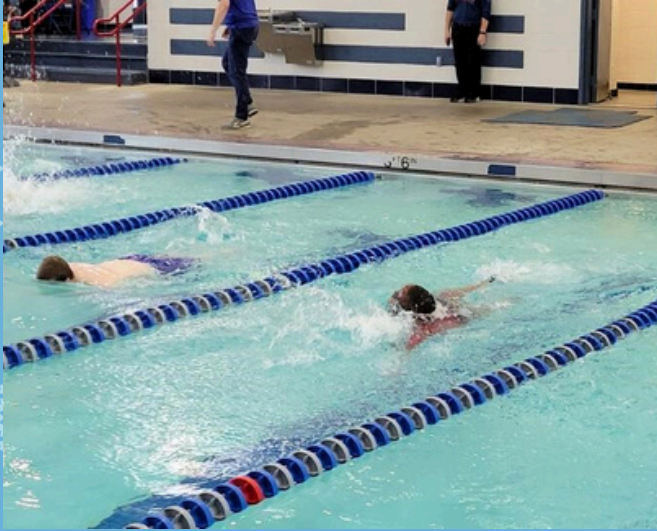
Dates/Session Times:

Mondays, Feb. 2 - Mar. 16 (no session Feb. 16)
6:00 pm - 7:30 pm

Cost: FREE

Age: Adults 8+

Location: Middle Branch Fitness & Wellness Center
201 Reedbird Ave, Baltimore, MD 21225



SPECIAL OLYMPICS UNIFIED BASKETBALL (COMMUNITY- BASED; STATE GAMES TRACK)

Athletes will learn basketball skills & compete as a team to gain eligibility for multi-county competitions and state games. Program will include Unified teams in which non-disabled partners will compete alongside athletes. Contact Andy Flacks sobaltcity@somd.org to register.

Goal: Increase interpersonal skills, improve physical fitness and leisure awareness

Dates/Session Times:

Saturdays, Jan. 3 - Mar. 21
9:00 am - 12:00 pm

Cost: FREE

Age: Adults 8+

Location: Farring-Baybrook Recreation Center
4501 Farring Ct, Baltimore, MD 21225



SPECIAL OLYMPICS YOUNG ATHLETES PROGRAM (YAP)

YAP, developed by Special Olympics, is a gross motor program designed for children ages 0-7, with and without disabilities. Through participation in basic motors skills, YAP provides opportunities for peer interaction, social skills, following directions, and facilitated language activities in the community, classroom, and home settings. Caregiver participation in the class is strongly encouraged. Community YAP, in particular, is for families to connect with members of their community. This supports growth, development, and a feeling of acceptance within the community. Caregivers must stay in the room during the program and are strongly encouraged to participate with your child.

Goal: Increase motor skills and balance, increased social skills

Dates/Session Times:

Session 1: Mondays, Jan. 5 - Mar. 9
(no session Jan 19, Feb. 16)
6:00 pm - 6:45 pm

Cost: FREE

Age: Ages 2 - 7

Location: Farring-Baybrook Recreation Center
4501 Farring Ct, Baltimore, MD 21225



Special Olympics Maryland
Young Athletes™

For information contact:

Olivia Miller at 410-396-1550 or olivia.miller@baltimorecity.gov

Registration:

[Bit.ly/Civicrec](https://bit.ly/Civicrec)

*url is case sensitive



Program schedule is subject to change, including the addition of new programs.



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