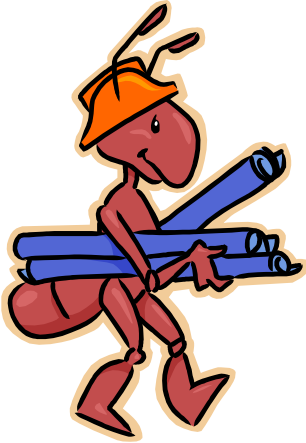


Adaptive Program Guide



Due to renovations at the McBeth Main building from January thru April, some classes and activities may be held at an alternative location. Please call to confirm locations. 512-974-9011

McBeth Recreation Center

JANUARY THROUGH MAY 2012

(512) 974-9011

Hours of Operation

Monday	9:00am-9:00pm
Tuesday	8:30am-9:00pm
Wednesday	9:00am-9:00pm
Thursday	8:30am-8:00pm
Friday	9:00am-6:00pm



Danny G. McBeth Recreation Center, 2401 Columbus Drive, Austin, Texas 78746

The City of Austin is proud to comply with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. If you desire assistance for participation in our programs or use of our facilities, please call (512)974-9011.

CITY OF AUSTIN

VISION

We want Austin to be the most livable city in the country.

Mayor and City Council

Lee Leffingwell, Mayor
Sheryl Cole, Mayor Pro Tem
Chris Riley, Place 1
Mike Martinez, Place 2
Kathie Tovo, Place 3
Laura Morrison, Place 4
Bill Spelman, Place 5

City Manager

Marc A. Ott, City Manager
H. G. (Bert) Lumberras, Assistant City Manager
Rudy Garza, Assistant City Manager
Robert Goode, Assistant City Manager
Sue Edwards, Assistant City Manager
Michael McDonald, Assistant City Manager

Anthony Snipes, Chief of Staff

Parks and Recreation Department

Sara L. Hensley, CPRP, Director
Kimberly A. McNeeley, Assistant Director
Cora D. Wright, Assistant Director

Parks and Recreation Board

Jane Rivera, Chair
Jeff Francell, Vice Chair
William Abell, Board Member
Linda H. Guerrero, Board Member
Carol Lee, Board Member
Lynn Osgood, Board Member
Jerry Perales, Board Member

AUSTIN PARKS AND RECREATION DEPARTMENT

MISSION

The purpose of the Austin Parks and Recreation Department is to provide, protect and preserve a park system that promotes recreational, cultural and outdoor experiences for the Austin community.

GOALS

- Increase participation in structured community recreation in the Austin community
- Provide supportive social services in order to address the fundamental social needs of the community
- Enrich the Austin community's artistic and cultural environment
- Protect Austin's investment in recreational land, urban forest ecosystem, water and facilities

MCBETH RECREATION CENTER – ADAPTIVE PROGRAMS

This past year the McBeth Recreation Center staff and the programs division of the Austin Parks and Recreation Department conducted surveys to gain feedback from citizens as to what programs and activities were desired.



Programs (outdoor, sports, young adult) that display this star are in response to the feedback gained from our stakeholders. Watch for it in this program guide.

MCBETH RECREATION CENTER STAFF

Program Supervisor: Amy Collins, CTRS amy.collins@austintexas.gov
Program Coordinator: Kimberly Carroll-Flores, CTRS
Kimberly.flores@austintexas.gov
Program Specialist: Sara Jones, CTRS sara.jones@austintexas.gov
Program Instructors: Michael Zavala michael.zavala2@austintexas.gov
Melanie Van Hout Melanie.vanhout@austintexas.gov
Lee Ann Tacchi Donnah.tacchi@austintexas.gov
Building and Grounds Assistant: Masoud Emaratsaz

How do I register for a program with the Austin Parks and Recreation Department?

1. You find programs, activities or classes in which you would like to participate by checking the seasonal program guide or looking on-line on our website <http://www.austintexas.gov/department/recreation-centers> or <http://coawebparks.ci.austin.tx.us/registrationmain.sdi> and select McBeth Recreation Center as the location.
2. Complete an enrollment/registration form used by all Austin Recreation Centers.
3. Submit form with payment within the registration start and cut-off dates.

Facility Information

Danny G. McBeth Recreation Center is located in Zilker Park on bus route #30. The building has a large multipurpose room, kitchen/craft room, game room, outdoor picnic areas, accessible playscape & sand play area. The annex has an exercise room, ceramics and multi-purpose room. This accessible facility offers adapted & inclusive recreation programs throughout the year. Staffs to participant ratios vary from 1:4 to 1:15 depending on the type of program & special needs of the participants. The goal of the staff is to provide a variety of meaningful recreation experiences that will enhance quality of life. Pre-registration is required for most programs. The large multipurpose room is available for rentals during non-operational hours. Please call for information.

New Participant Information

Participants in Austin Parks and Recreation programs must complete a registration form prior to attending programs. Level of Care Policy, Code of Conduct and Standards of Care for Parks & Recreation Department Programs for Children are available upon request. For safety & liability, staff reserves the right to refuse acceptance into programs for those individuals who display aggressive or challenging behaviors that are inappropriate to a community setting, or actions that put the leader or another participant at risk of injury. McBeth Recreation Center will review the needs of each participant and follow up if there is a concern. If a participant requires 1:1 assistance in a program, needs help toileting and/or feeding, & a personal care attendant is not coming with them, please call (512) 974-9011 for an assessment.

Friends of McBeth

The Friends of McBeth interpret the needs and interests of the community, and provides guidance to the center's staff concerning therapeutic and recreational programs that respond to these needs and interests. In addition, it is a responsibility of the Board to assist in organizing community resources and interest in support of the program. Program scholarships are provided upon application approval. The board initiates fundraisers throughout the year. For more information contact McBeth at 974-9011.

City of Austin Holidays

McBeth will be closed on the following dates:

Monday, January 2 – New Year's

Monday, January 16 – MLK Day

Monday, February 20 – President's Day

Monday, May 28 – Memorial Day



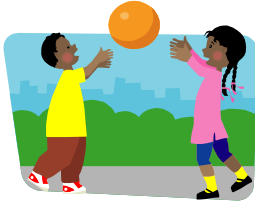
Due to concern for the safety of our participants, youth programs will be moved to the Annex when needed.

STRUCTURED YOUTH PROGRAMS

Activity Goals: Youth will learn games and socialize with peers. Youth will participate in physical activity. Youth will learn and practice leisure skills.

After School Explorers Program *Openings available!*

6-22yrs M-F 1/5-5/30 2:55pm-5:55pm \$136 per month



Children will participate in fun activities such as arts and crafts, games, music, and more with the goal of promoting socialization and leisure skill development. The program schedule will follow the AISD school calendar.

C-Day Camps

6-22yrs 2/17 & 4/6, 4/9 7:30am-5:55pm \$30/day

Adventures include fun and games, creativity, activities and more.

- Registration for 2/17 begins January 6th.
- Registration for 4/6 & 4/9 begins March 2.

Spring Break Camp Days 2012

6-22yr 3/12, 3/13, 3/14, 3/15, 3/16

7:30am-5:55pm \$30/day



For the break enjoy arts and crafts, games and a week full of fun.

Registration for Spring Break camp will start January 6th and ends March 2.

Full payment is required at time of registration. Space is limited.

Tentative Summer Camp Information

★ **McBeth Recreation Center Summer Day Camp Pre-Registration begins on Saturday, March 31, 2012 from 8:45am to 10:45am.** Please adhere to Zilker Park morning curfew. Registration will not be accepted prior to this date. A \$20 deposit per person, per session/week, is required to hold a spot. The deposit fee will be non-refundable and non-transferable. For campers receiving outside funding for any sessions, bring a written letter of payment confirmation at the time of registration or you will be responsible for deposits.

Full day camp is \$140/wk. Half day camp is \$70/wk.

Monday-Friday June 4, 2012 - August 10, 2012

No camp July 4, 2012

7:30 am - 5:55 pm Ages 6-22 yrs.





Adult Programs 18yrs and up

Participant supervision does not begin until program time.

Please take this into consideration when scheduling arrival times.

Call 974-9011 for more information



M,T,W,Th,F Good Neighbor Adventure Club

Adult program 1/3-5/30* 9:00am-2:30pm \$12/day

GNAC provides an opportunity for adults with disabilities to recreate in a group setting while focusing on social interactions and fostering independence. Call for criteria and availability. Additional registration forms are required. **GNAC will not meet on 1/16, 2/20, 5/28, 5/31 or 6/1.**

Monday ~ Variety Night

18yrs & up 1/9-5/21 6:30pm-8:00pm \$2 each Monday

Friends come join us for fun & games, crafts, birthday/bingo and Wii Sports challenge. **Will not meet on 1/16 or 2/20**



Tuesday ~ Rock the Boat

12 yrs & up 3/20-5/22 12:30-2pm FREE!

Be introduced to kayaking and canoeing on Beautiful Lady Bird Lake. The program will be available to 10 people per session. So sign up early. Pre-registration is required. Registration is available at McBeth Recreation Center only. Always check with your doctor before beginning any new exercise. Wear warm clothes. It can be windy on the water.

Wednesday ~ Steppin' Out Walking Group

18yrs & up 3/21 – 5/9 12:30-1:30 \$16

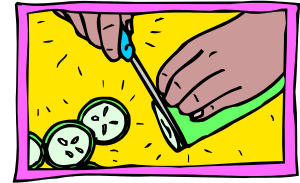
Stroll thru Zilker Park with your friendly McBeth guide. All participants should be able to traverse rough terrain independently, have a desire to participate and be safe in the community. Always check with your doctor before beginning any new exercise. Steppin' out will promote exercise with friends and encourage healthy lifestyles.



Wednesday ~ Friendship Café

18yrs & up 1/4-5/23 6:30pm-8pm
\$4 each Wednesday OR if pre-paying by month:

Jan: \$16 Feb: \$20 Mar: \$16 Apr: \$16 May: \$16



Join us for an evening of friends and healthy recipes. Each week participants will prepare a new recipe. Participants should be able follow simple directions and know basic kitchen safety. Space is limited to 14 participants so pre-registration is recommended. **Will NOT meet 5/30.**

Thursday ~ Outdoor Adventure Club

18yrs & up 3/22-5/10 3:00pm-4:30pm \$20



Come join in the fun and excitement of Outdoor Adventure Club. Joining this outdoor education class is an excellent way to get exercise, learn and have fun at the same time. Due to the nature of the program, participants should not have any problems traversing rough terrain. All participants should wear appropriate clothing for outdoor use and closed-toed shoes. Pre-registration forms are required.

Friday ~ Helping Hands Service Group

18yrs & up 2/3-5/18 9:00am-12:00pm \$10/month



Join McBeth's Helping Hands Service Group and give back to the wonderful city of Austin. We will be serving at various organizations around the city. Our goals are to work hard, give back to our community and, of course, have fun! Due to the nature of the program, participants should be self-sufficient in feeding, toileting and mobility, able to stand for at least 30 minutes at one time and able lift 5-10 lbs of weight. **Will NOT meet 3/16 or 4/6.**

Friday~Recreational Bowling

16yrs & up 1/6 - 5/25
4:00pm-6:00pm
\$5/month plus cost of games
(\$2.25 each game paid to the
bowling alley)
Location – Dart Bowl, 5700 Grover.

Tuesday~Recreational Bowling

16yrs & up 1/10-5/15
4:00pm-6:00pm
\$5/month plus cost of games (\$2.25
each game paid to the bowling alley)
Location - West Gate Lanes, 2701
W. William Cannon

Enjoy an afternoon of bowling and fun with friends out in the community. **Great exercise!** Please register in advance. You must mail or deliver the \$5/mo. registration fee and enrollment form to McBeth Recreation Center, 2401 Columbus Drive (46).

Adult Dances

18yrs & up Saturday 7:00pm-9:00pm \$2/person

Jam to your favorite tunes, enjoy a snack and socialize on a Saturday night.

Activity goal: Attendees will experience socialization, physical activity and creative expression. **LOCATION TBD** Call 974-9011 for more information.

Dates: 1/21, 2/18, 3/17, 4/21, 5/19



Wednesday ~ Modern Dance (Wings II)

18yrs & up 1/4-4/25 11:15-12noon Free!

Class size is limited. Get Moving! Create, express, and collaborate in this modern dance class taught by dance education specialist, Michele Owens-Pearce. Michele is the Director of Wings Dance Company. Register for this **popular** program at the McBeth Recreation Center.

Special Event!



★ Friday, March 23rd 9:30am - 1:30pm Free

Art in the Park is an opportunity for people of all ages with disabilities to express creativity through music & hands on projects. Individuals, groups & schools are welcome. Registration begins January 6th. Please register in advance for Art in the Park at McBeth Recreation Center 974-9011. Held at the Mexican American Cultural Center, 600 River Street.





THE SPORTS PAGE

Austin Parks and Recreation 9th Annual Sports Awards Banquet

If you were an athlete, coach, volunteer, or family member that competed with the Austin Parks & Recreation Delegation in 2011, join us to celebrate our success!

When: **TBA Due to renovations, the banquet is on hold.**

Where: McBeth Recreation Center Grand Room

R.S.V.P. - REQUESTED

Adaptive Sports with The Austin Parks and Recreation Department

Each sport has a \$15 fee for participation



Basketball begins December 2, 2011

Cycling begins February 18, 2012 contact Michael Zavala or Carrie Boggess

Tennis begins February 15, 2012 contact Sara Jones or Kim Flores

Softball begins in May 2012. Contact Sara Jones

A City of Austin release/waiver must also be completed by the parent or guardian. A current Special Olympic medical/release must be completed, signed by a doctor and submitted to the McBeth Recreation Center in order to begin participation in Special Olympics. Competitions are divided into 3 seasons and 2 levels of competition. The 3 seasons are Summer, Fall and Winter. The 2 levels are Area Competition and Chapter Games or State Competition. You must be 8 years or older to participate at Area Competition. You must be at least 12 years or older and competed at Area in order to be eligible for Chapter Games (State Competition). Registration for Chapter Games is \$30 per athlete. Please make checks payable to SOTX.

The Austin Parks and Recreation Department plans to compete in the following sports in the upcoming season: Cycling, Tennis, Kayaking, Softball & Bocce. If participants are interested in additional sports, the staff of the McBeth Recreation Center will endeavor to find certified coaches and locations to practice.

Zilker Park Jazzercise

The original dance exercise phenomenon! Each 60 minute class offers a blend of jazz dance and exercise science set to your favorite music - Top 40, jazz, country, funk and classics. Easy-to-follow, fun choreography includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale. For more information on these classes call 799-7879

Monday, Wednesday 9:30am, 5:30pm
Tuesday, Thursday 8:30am, 6:00pm
Friday 9:30am, 4:45pm
Some Saturdays 9:00am



McBeth Code of Conduct

1. Respect Property.
Destruction or damage of property is not allowed.
2. Respect People.
No one shall be allowed to intentionally cause bodily harm to another or obstruct their passage. All language used will be non-abusive.
Participant will be non-disruptive to programs.

McBeth Level of Care Policy

Purposes: To establish guidelines to ensure inclusion in all programs at the Recreation Center, by providing quality leisure services in a safe environment.

Policy: Personal care is not provided in Adult Programs. Customer's ages 6 – 22 years entering the Youth, Teen and Young Adult programs at McBeth Recreation Center will be provided with:

- Assistance with non-invasive* feeding.
- Moderate Assistance with non-invasive toileting procedures and transfer assistance up to 50 lbs. in youth structured programs.
- Assistance with mobility; however participants must be able to remain with the group or stationary without 1:1 assistance at least 50% of the time.
- Moderate Assistance with changing of clothing for appropriate activities (i.e. swimming) up to 50 lbs. in youth structured programs.

City of Austin PARD Programs, activities and day camps are designed for group interaction and enrichment, therefore, those participants requiring 1:1 assistance more than 50% of the time or are unable to meet the above guidelines, may provide, at their own cost, an attendant without being charged additional program fees. The attendant must meet approval of both the care giver and the Site Manager.

*Definition of non-invasive: a procedure that does not require insertion of an instrument or device through the skin or a body orifice for diagnosis or treatment. This would include: nasal-gastric tubes, gastric tubes, and catheters.

Program Goals

Youth Programs Goal: Youth Programs provide a structured recreation experience for children with special needs with focus on relationship building, self-esteem, leisure education and exercise and movement in a safe environment.

This goal will be accomplished through: peer-to-peer interactions during activities, games and free play; self-esteem building and motor skill development with arts and crafts, sports and games; health and wellness building with exercise, sports and physical activity; community outings fostering appropriate social interaction; leisure education will result in participation in new activities learned and practiced.

Adult Programs Goal: Community-based recreation programs provide an opportunity for adults with special needs to recreate in a group setting while focusing on social interactions and fostering independence. Participants will accomplish this through: peer-to-peer interactions during daily greetings, group activities, and team games; activities of daily living skills through cooking and gardening projects; community socialization opportunities with walks, field trips and special events; leisure education and self-esteem building activities including arts and crafts, games, sports and music.

Mail out information

Program guides are available to be picked up during McBeth hours of operation from the McBeth Recreation Center, 2401 Columbus Drive.

A listing of programs will be available for mail out upon request. To request a current program listing be mailed to you call 974-9011 and give your name and complete address or your email address. New listings are printed in August, December and March.

Thanks,
Amy Collins, Program Supervisor
McBeth Recreation Center and Adaptive Programs



The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. If you require assistance for participation in our programs or use of our facilities, please call **(512) 974-9011**.

La Ciudad de Austin está comprometida al Acta de Americanos Incapacitados. Si requiere asistencia para participar en nuestros programas por favor llame al teléfono número **(512) 974-9011**.