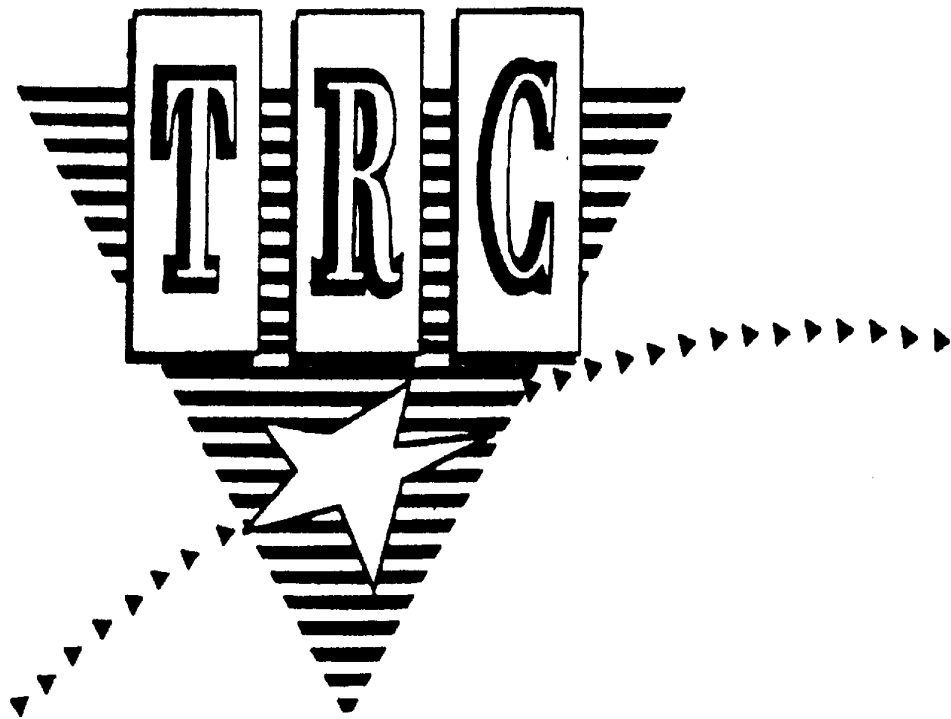


**MONTGOMERY THERAPEUTIC
RECREATION CENTER
WELLNESS BROCHURE
JUNE 5, 2017 - AUGUST 12, 2017**

TURNING DISABILITIES INTO WINDOWS OF OPPORTUNITIES!



“THE BENEFITS ARE ENDLESS”

GENERAL INFORMATION

Hours of Operation: The TRC is open the following times:

Monday, Tuesday, Thursday	8:00am to 7:00pm
Wednesday and Friday	8:00am to 5:00pm
Saturday	9:00am to 12:00pm

City Holidays: The TRC will be closed the following holidays:

July 4, 2017

REGISTRATION NOTES

- 1. Registration for Summer semester is Saturday, May 13, 2017 from 9:00am - 12:00pm and Monday, May 15, 2017 through Friday, May 19, 2017 from 8:15am until 5:00pm.**
- 2. Be sure to note the days that each program will not meet during the semester.**
- 3. All participants must register and pay programs fees (when applicable) each semester prior to participation. *Fees are nonrefundable!***
- 4. Some programs are limited in size and are filled on a first come, first serve basis.**
- 5. Orientation for all Wellness members and assessments for after-school participants are required. Please call for an appointment.**
- 6. Participants should bring more than one check to register to be receipted in different accounts for some programs. All checks should be payable to MTRC.**
- 7. Mailed registrations will not be accepted. Wellness members must register at TRC. After-school participants can register on-line or at TRC.**

The “Montgomery Therapeutic Recreation Center Wellness Program” is a program developed to promote fitness for persons with disabilities. All persons must have a disability and have completed a physician’s medical form to participate. A membership fee of \$25.00 per semester enables all members participation in therapeutic aquatics, weightlifting, and exercise groups.

RESOURCE LAB

Hours of Operation: TRC wants Wellness Members to use the Resource Lab to enhance their lifestyles. The lab is open and free to individuals who would like to research information, to get information on adaptive equipment, specific disabilities, services needed or anything needed at home, work or leisure time.

Resources: A lab technician is available during the allotted times for open lab to assist members as needed. The lab is open daily from 8:00am - 12:00pm. Members can contact the lab technician for any questions or requests.

One-on-One Computer Instruction

TRC wants to meet the needs of individuals interested in learning more about computers. Sessions are 45 minutes long. Participants can choose one session or several based on individual needs. Scheduling will be done with the lab coordinator. See lab Technician for schedule.

Cost:.....\$10.00 per session
.....2 sessions \$15.00
.....3 sessions \$20.00
Contact:.....Joye Bigelow

Open Lab This time is set aside to meet the needs of individuals with knowledge of computers. We encourage all wellness members to use this time to gain valuable skills with computers. TRC offers an on site lab technician for any questions or any assistance needed.

Day:.....Fri.
Time:.....10:00am - 12:00pm
Contact:.....Joye Bigelow

If you have any suggestions for MTRC, please drop them in the box by the front office.

WELLNESS

On the Move (Lap Swim)

Add a little splash to your day or evening in a comfortable and relaxed atmosphere. Our heated pool is open to participants wishing to swim for better conditioning and endurance. A certified lifeguard is on duty. **ONLY LAP SWIMMING IS ALLOWED DURIN THIS TIME. Class will not meet July 4th.**

.....Day/Time:.....
Mon. & Fri.....1:00 - 1:45pm
Tues., & Thurs.....7:15—7:45am
Tues., Wed., Thurs.....12:00 - 12:45pm
Contact:.....Ralph Evans

AEP (Exercise Program)

This program is geared for participants with Arthritis only. The exercises will increase range of motion, flexibility, muscle endurance, and help relieve joint pain caused by arthritis. No aquatic weights will be used. Cardiovascular exercises are included, but not emphasized. **Class will not meet July 4th.**

.....Day/Time:.....
Mon. & Fri.....12:00 - 12:45pm
Tues. & Thurs.....8:15 - 9:00am
Wed.....1:00 - 1:45pm
Limit:.....30
Contact:.....Ralph Evans

Early Bird Series

This program is structured for you to get an early start to your day feeling great. The series will include an exercise class, lap swim, and an unstructured program to let participants walk and develop exercises created by each individual and do it at their own pace. Lifeguard on duty! **Class will not meet July 4th.**

.....Day/Time:.....
Mon & Wed.....Exercise Class
Time:.....6:00 - 6:45am
Tue/Thurs..... Create your own
.....6:00 - 6:45am
Contact:.....Ralph Evans

**MTRC has lockers available for \$10. 00 a semester.
Lockers must be renewed each semester at registration.**

WELLNESS

Energize Me This is the same class just more fun and energetic (water exercise class) that will have you pumped up in no time. We are introducing new equipment such as the band and the Wave Webbs. This class increases the cardiovascular, tones muscles and helps promotes better flexibility. The Band is the perfect exercise tool to tone, condition the legs, lower body and core, while maintaining good posture, a neutral spine and abdominals. Wave Webbs enhance the natural resistance of water for safe and effective upper body conditioning and increase range of motion and more dynamic moves. This class is just what you need to get moving. *Program will not meet July 4.*

.....Day/Time.....
Mon.....8:15 - 9:00am
9:15 - 10:00am
6:00 - 6:45pm
Tues.....10:15 - 11:00am
1:00 - 1:45pm
6:00 - 6:45pm
Wed.....8:15 - 9:00am
9:15 - 10:00am
Thurs.....10:15 - 11:00am
1:00 - 1:45pm
Fri.....8:15 - 9:00am
9:15 - 10:00am
Sat.....9:15 - 10:00am
Contact:Ralph Evans

Outdoor Lap Swim Get an early start to your day with TRC. The outdoor pool will be open for adult lap swimming. *This program will not meet July 4.*
Day/Time.....
Day:.....Mon. - Fri.
Time:.....8:00 - 9:00am
Contact:.....Ralph Evans

Have it Your Way (open pool) This is an unstructured program designed to allow participants to engage in an individualized exercise program in our heated pool. Participants can design their own exercise program, follow exercise routines developed by a therapist or bring their own therapist/ exercise instructor. *This program will not meet July 4.*

Day:.....Mon. & Tues.
Time:.....5:00 - 6:00pm
Contact:.....Ralph Evans

TRC Stroke Parkinson's Class (Spec's) This aquatic exercise class is designed to meet the needs of individuals with Parkinson's/disease or impairments from Stroke (CVA). These pool exercises help promote mobility, endurance, and flexibility. In addition, this program offers a supportive group environment while you have fun exercising. *This program will not meet July 4.*

Day:.....Tues. & Thurs.
Time:.....9:15 - 10:00am
Contact:.....Ralph Evans

Early Bird Series This program is structured for you to get an early start to your day feeling great. The series will include an exercise class and an unstructured program to let participants walk and develop exercises created by each individual and doing it at their own pace. Lifeguard on duty! *This program will not meet July 4.*

.....Day/Time.....
Mon/Wed.....Exercise Class
Time:.....6:00 - 6:45am
Tues/Thurs.....Create your own
Time:.....6:00 - 6:45am
Contact:.....Ralph Evans

The outdoor pool will be open Mon., June 5, 2017.

Family Splash Add a little splash to your family's lifestyle by bringing them to TRC to enjoy our heated pool. This is sure to be a treat for the entire family. We ask that you limit this time of relaxation and enjoyment to three family members only.

.....Day/Time:.....
Thurs:.....5:00 - 6:45pm
Sat:.....10:15 - 11:45am
Contact:.....Ralph Evans

Aqua Zumba Bring the party to the pool!!! The Aqua Zumba program gives new meaning to the ideal of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooping and hollering. Heat up the pool party, integrating the Zumba formula and philosophy with the traditional aqua fitness disciplines. The Aqua Zumba Class blends it all together into a safe, challenging, water based workout that is cardio-conditioning, body toning and most of all exhilarating beyond belief. **LET'S MAKE A SPLASH!!!** Aqua shoes required.

Day:.....Mon. & Wed.
Time:.....10:15-11:00am
Contact:.....Ralph Evans

AQUATIC CLASS
The rear pool door is open 5 min before each class begins.

SPLISH SPLASH
REGISTER FOR MTRC'S FAMILY SPLASH FOR A TREAT THE WHOLE FAMILY WILL ENJOY.

WELLNESS

Stretch - Tone This class is designed to help our wellness members improve flexibility as well as toning areas of the body that does not receive enough emphasis during other exercise programs at TRC. Program will include stretching major muscle groups; abdominal exercises, modified push ups, thigh and hip exercises, and much more. Exercises will be done on mats.

Day:.....Mon. & Wed.
Time:.....10:15 - 11:00am
Contact:.....Chris McNeil

Land Exercise (Arthritis and other disability groupings) This land aerobics class is designed to increase strength, mobility, flexibility, endurance and overall physical well-being. Classes are being taught by a certified instructor that leads sitting exercises using a chair as support. This class is designed by the Arthritis Foundation's Exercise Program. *This program will not meet July 4.*

Day:.....Tue & Thurs.
Time:.....10:15 - 11:00am
Contact:.....Chris McNeil

Land Zumba Bring your energy and prepare to have fun! This class will be a total workout, combining elements of cardio, muscle conditioning, balance, flexibility and energy!

.....**Day/Time**.....
Fri.....10:15-11:00am
Contact.....Kristen Sellers

Individual Fitness Room

TRC has now increased hours with supervised and unsupervised time. During supervised time, participants are able to work out independently on an individual basis with a staff member available to monitor and assist if needed. During unsupervised time, a staff will **NOT** be in the room to oversee participants workout. Come take advantage of this fitness room with all the equipment that it has to offer. *This program will not meet July 4.*

.....**Supervised**.....

Mon.-Fri.....8:15-11:00am
.....**Unsupervised**.....
Mon.-Fri.....6:00-8:00am
Tues. & Thur.....5:00-6:00pm
.....11:00am-3:00pm
Saturday.....9:00-11:00am
Age.....18 years and older
Contact.....Chris McNeil

The Adult Fitness & Wellness Assessment

This new program in General Recreation is for those who want to track their progress and to assess what they are doing to meet their wellness goals. If you are interested in this program, schedule a time with Chris. *This program will not meet July 4.*
Day:.....Tues., Wed., & Thurs.
Contact:.....Chris McNeil

WELLNESS SOCIAL CLUBS

Potluck Brunch Come eat and fellowship!! Do you enjoy socializing with others and enjoy eating a good meal, then feel free to bring your covered dish and join us. Hosted by TRC's Creative Art's Department.

Day:.....First Thursday of the month.
Time:.....10:00 - 11:00am
Contact:.....Michelle Glass

The Wise Club Enjoy fellowship and games on the 2nd, 3rd & 4th Thursdays of each month. Mexican train dominoes is the favorite game of this club, you don't have to know how to play, we will gladly teach you. Bring your snacks or lunch and come out and ride the Dominoe train with the Wise Club.

Day:.....2nd, 3rd & 4th Thursdays of each month
Time:.....10:15 - 11:00am
Contact:.....Michelle Glass

Join one or all of MTRC's social clubs, one or all of our social clubs are just right for you!

DANCE INTO GOOD HEALTH, REGISTER FOR AQUA OR LAND ZUMBA

There will be a \$5.00 late fee for any member registering after Fri. May 19, 2017.

GET OFF TO AN EARLY START WITH OUR EARLY BIRD SERIES!!

Montgomery Therapeutic Recreation Center

604 Augusta Street

Montgomery, Alabama

334.240.4595

City Officials

Todd Strange, Mayor

Michael Briddell, Director of Public Information & Extra Affairs

Leisure Services

Rob Spivery, Director

Fredrick Thomas, Superintendent of Recreation

MTRC Staff

Wendy Dobbs, CTRS, Director

Jeffery Barlow, Aquatics Coordinator

Coratio Vinson, Adapted Sports Coordinator

Chris McNeil, General Recreation Coordinator

Michelle Glass, Asst. Creative Arts Coordinator

Katie Johnson, Transportation Coordinator

Bernard Burton, General Recreation Instructor

Kenny Gunn, General Recreation Instructor

Ralph Chrishon, General Recreation Instructor

Abigail Boeckh, Recreation Aide/Equestrian Instructor

Lain Johnson, General Recreation Instructor

Lytericka Gray, Custodian

Aaron Cole, Assistant Director

Joye Bigelow, Resource Lab Coordinator

Pamla Tilghman, Creative Arts Coordinator

Ralphina Evans, Asst. Aquatics Coordinator

Brad Ellis, General Recreation Instructor

Sampson Cotton, General Recreation Instructor

Broderick Leonard, General Recreation Instructor

Edward Woods, Aquatics Instructor

DeCarlos Chrishon, Aquatics Instructor

Deborah Duncan, Secretary

Kristen Sellers, Aquatics Instructor

David Williams, Custodian

Montgomery Therapeutic Recreation Center is a Facility of the City of Montgomery Leisure Services Department