



ADAPTIVE + INCLUSIVE

SECOND-ANNUAL

#ALLIN RECREATION FAIR

Westerville Parks and Recreation will again host the #ALLIN Recreation Fair on Saturday, Jan. 26, 2019. With the mission: “To connect the differently-abled community with art and recreation services in the greater Columbus area,” this event is sure to please. Every child or adult who is differently-abled should be encouraged to pursue a hobby that transports them while keeping them in their comfort zone. Recreational activities like sports, arts and crafts and trips have the opportunity to create excitement and friendship throughout their day. Not only do these classes and events release stress, but also build self-esteem and provide an opportunity to channel energy in a positive manner.

During the 2018 event, more than 150 individuals and families visited with 25 vendors whose focus is inclusion and providing recreational activities for individuals who are differently-abled. Attendees received information regarding normal daily care to sports to therapy animals. They even had a chance to sit with a few very special therapy dogs that loved the attention and getting their photo taken.



#ALLIN RECREATION FAIR
Saturday, Jan. 26, 2019
10 a.m. - 2 p.m.
Westerville Community Center
350 N. Cleveland Ave.

“It was a wonderfully organized event with lots of useful information about services; and it was clear that you devoted a great amount of time and energy to organizing it,” said one attendee. “Thank you for putting on such a great event!”

The #ALLIN committee, made up of professionals, parents and individuals who are differently-abled was formed after the community requested a location they could go to hear about many opportunities at one time. The event aims to bring in a diverse group of vendors. “This was one of the best fairs we have attended.” said one vendor.

For additional information on the 2019 event, see page 25.



DIY ART AT MARCY'S CLAYGROUND

DURATION: 1 Day **WCC**
INSTRUCTOR(S): Adaptive and Inclusive Staff **Y**
AGE(S): 13 and up **A**
RATE: \$20

DISCOUNTED RESIDENT RATE: \$15
We will head to Marcy's Clayground to choose a bisque to glaze! Drop off and pick up will be at the Westerville Community Center. Westerville Staff will pick up pottery once it is fired for you to pick up at the Community Center about a week later.

Activity#	Date	Time	Day(s)
I15504-01	Jan. 9	4-6 p.m.	Wed

DIY ART

DURATION: 1 Day **WCC**
INSTRUCTOR(S): Adaptive and Inclusive Staff **Y**
AGE(S): 13 and up **A**
RATE: \$20

DISCOUNTED RESIDENT RATE: \$15
We will get together to make an awesome do-it-yourself project. Register for one or all classes to create a different project each month. Bring your creative thoughts and be ready for an art-filled afternoon.

Activity #	Date	Time	Day(s)
I15504-02	Feb. 13	4-5:30 p.m.	Wed
I15504-03	March 6	4-5:30 p.m.	Wed

If you have special needs, contact the Adaptive and Inclusion Specialist at (614) 901-6501 or lindsay.buis@westerville.org for assistance.

YOUTH PAINTING

DURATION: 4 Weeks **WCC**
INSTRUCTOR(S): Amber Houk **NEW!**
AGE(S): 7-12 **Y**
RATE: \$65

DISCOUNTED RESIDENT RATE: \$55
Painting is fun, can be relaxing and promote wellness. We will use color to express ourselves on canvas. Please complete medical and permission forms and return to the Adaptive and Inclusion Specialist.

Activity#	Date	Time	Day(s)
I15503-03	March 7 - March 28	3:30 - 4:30 p.m.	Thu

POTTERY

DURATION: 4 Weeks **RPC**
INSTRUCTOR(S): Dianne Illes **A**
AGE(S): 13 and up
RATE: \$50

DISCOUNTED RESIDENT RATE: \$40
Join us in the pottery studio to learn pottery skills and make fun projects!

Activity#	Date	Time	Day(s)
I15504-09	Feb. 12 - March 5	3:45 - 4:45 p.m.	Tue

MOVIE AND PIZZA NIGHT

DURATION: 1 Day **WCC**
INSTRUCTOR(S): Adaptive and Inclusive Staff **Y**
AGE(S): 7 and up
RATE: \$10

DISCOUNTED RESIDENT RATE: \$5
Enjoy friends and fun while watching a movie (rated no higher than PG). Please fill out your Medical and Permission forms and note any food allergies.

Activity #	Date	Time	Day(s)
I15503-01	Feb. 1	6-8 p.m.	Fri
I15503-02	March 1	6-8 p.m.	Fri

ADAPTIVE YOGA

DURATION: 1 Day **WCC**
INSTRUCTOR(S): Sarah Baker **A**
AGE(S): 13 and up
RATE: \$10

DISCOUNTED RESIDENT RATE: \$5
Yoga is for everyone. Benefits include increased flexibility and strength, a reduction in stress levels, improved immunity, heart, circulatory, metabolic and digestive health; improved respiratory function, mental focus, calmness and clarity; and a boost in self-confidence and body acceptance. Aids are encouraged to assist the participant to get the best experience possible. **Please bring a yoga mat and water.**

Adaptive Yoga Private Sessions:
Please contact the Adaptive and Inclusion Specialist at lindsay.buis@westerville.org.

Activity#	Date	Time	Day(s)
I15504-04	Jan. 17	5-6 p.m.	Thu
I15504-05	Feb. 21	5-6 p.m.	Thu
I15504-06	March 21	5-6 p.m.	Thu



Twitter: @WestervillePark
Facebook: [cityofwesterville](https://www.facebook.com/cityofwesterville)
YouTube: [tellwesterville](https://www.youtube.com/tellwesterville)
Instagram: [cityofwesterville](https://www.instagram.com/cityofwesterville)

Post your favorite pictures of Westerville Parks and Recreation using #acitywithinapark.



#ALLIN RECREATION FAIR

DURATION: 1 Day **WCC**
INSTRUCTOR(S): Adaptive and Inclusive Staff **Y**
AGE(S): Family **A**
FREE

Join us for the 2nd annual #ALLIN Recreation Fair! Our mission is to connect the differently-abled community with art and recreation opportunities within the greater Columbus area. This event is open to all ages and abilities. Families, individuals and caregivers welcome.

Drop In	Date	Time	Day(s)
	Jan. 26	10 a.m. - 2 p.m.	Sat



WALKING CLUB

DURATION: 8 Weeks **WCC**
INSTRUCTOR(S): Adaptive and Inclusive Staff **Y**
AGE(S): 13 and up **A**
FREE

Get those steps in! Join us at the Community Center track to get your blood flowing and see if you can reach the 50-mile goal. Please wear comfortable shoes and clothes. We will meet in the Teen Scene.

Activity #	Date	Time	Day(s)
115504-13*	Jan. 7 - March 6	11 a.m. - 12 p.m.	Mon/Wed

***NO CLASS: FEB. 4, FEB. 6**

VALENTINE DANCE

DURATION: 1 Day **WCC**
INSTRUCTOR(S): Adaptive and Inclusive Staff **Y**
AGE(S): 13 and up **A**
RATE/DISCOUNTED RESIDENT RATE: \$5

Join us for our annual Valentine Dance. Bring a date or come stag but be ready to dance the night away! Pizza and drinks will be provided.

Activity #	Date	Time	Day(s)
115504-10	Feb. 15	6-8 p.m.	Fri

SOCCER SHOTS EMPOWERMENT

DURATION: 8 Weeks **WCC**
INSTRUCTOR(S): Soccer Shots Staff **NEW!**
AGE(S): 3-5 **P**
RATE: \$120 **PC**

This class uses creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. You child will learn positive character traits such as respect, teamwork and appreciation.

Activity #	Date	Time	Day(s)
115502-01	Jan. 17 - March 7	5-5:45 p.m.	Thu

WESTERVILLE CIVITAN CHRISTMAS TREE TOSS

DURATION: 1 Day **EVL**
INSTRUCTOR(S): Westerville Civitans **NEW!**
AGE(S): 18 and up **Y**
RATE: \$20 per person **A**
 \$80 per team of four

Help raise money for Westerville Special Olympics and the Adaptive & Inclusion programs with Westerville Parks and Recreation. There will be awards and prizes for the best tree throws and best holiday-themed costume. Each registered participant will receive a t-shirt. To register visit www.westervillecivitan.org.

Date	Time	Day(s)
Jan. 5	2 p.m.	Sat

(Jan. 12 rain date)

ATTENTION PARENTS! COLD & FLU SEASON GUIDELINES

To maintain a healthy and safe environment for all of our participants, we ask that you please follow these guidelines:

- Children SHOULD NOT participate in programs if they:**
- Ⓜ **Have had a fever within the last 24 hours**
 - Ⓜ **Have vomited within the last 24 hours**
 - Ⓜ **Have had diarrhea within the last 24 hours**
 - Ⓜ **Have significant and persistent nasal drainage, which is green or yellow in color**

For additional information or questions, please ask a staff member or call the Community Center at (614) 901-6500.

BIRTHDAY LUNCH!

DURATION: 1 Day **CAN**
INSTRUCTOR(S): Adaptive and Inclusive Staff **Y**
AGE(S): 13 and up **A**
FREE

We LOVE birthdays and all are welcome to celebrate. Bring money for food, a birthday treat will be provided. There is no transportation for this event. Drop-off and pick up will be at Raising Canes, 2085 Polaris Pkwy. Parents/caregivers are welcome and encouraged to stay.

Activity #	Date	Time	Day(s)
115504-10	Feb. 23	12-1:30 p.m.	Sat

ANTHONY THOMAS CANDY TOUR AND LUNCH

DURATION: 1 Day **WCC**
INSTRUCTOR(S): Adaptive and Inclusive Staff **NEW!**
AGE(S): 16 and up **A**
RATE: \$15

DISCOUNTED RESIDENT RATE: \$10
 Join us as we head to the Anthony Thomas Candy Factory to see how they make all their delicious treats. There will be a chance at the end of the tour to sample and purchase treats, just in time for Valentines Day. After the tour we will stop for lunch (on your own). Drop off and pick up will be at the Community Center.

Activity #	Date	Time	Day(s)
115505-06	Feb. 12	10 am.-1 p.m.	Tue

ANTHONY THOMAS CANDY TOUR

DURATION: 1 Day **WCC**
INSTRUCTOR(S): Adaptive and Inclusive Staff **NEW!**
AGE(S): 7-12 **Y**
RATE: \$15

DISCOUNTED RESIDENT RATE: \$10
 Take a day of spring break to join us for an tour of the Anthony Thomas Candy factory! We will see how they make all their delicious treats. At the end of the tour, you will be able to sample and purchase a sweet treat to enjoy for spring break.

Activity #	Date	Time	Day(s)
115503-04	March 28	1-3 p.m.	Thu

Don't Forget to Update Your

MEDICAL AND PERMISSION FORMS

Must be completed two weeks prior to the program start date. Contact the Adaptive and Inclusive Specialist at lindsay.buis@westerville.org for details.



**ADAPTIVE SWIM LESSONS ARE AVAILABLE.
SEE PAGES 33-35 FOR DETAILS.**



SPECIAL INTEREST

SOCIAL SKILLS

DURATION: 4 Weeks **WCC**
INSTRUCTOR(S): Lori Giffin, M.A., CCC, SLP **A**
AGE(S): 13 and up
RATE: \$60

DISCOUNTED RESIDENT RATE: \$50
Join us for theme-based sessions that provide opportunities for social interaction and developing strategies for building social skills.

Activity #	Date	Time	Day(s)
115504-08	Jan. 16 - Feb. 6	5-6 p.m.	Wed

ATTENTION PARENTS! COLD & FLU SEASON GUIDELINES

To maintain a healthy and safe environment for all of our participants, we ask that you please follow these guidelines:

Children **SHOULD NOT** participate in programs if they:

- Ⓜ **Have had a fever within the last 24 hours**
- Ⓜ **Have vomited within the last 24 hours**
- Ⓜ **Have had diarrhea within the last 24 hours**
- Ⓜ **Have significant and persistent nasal drainage, which is green or yellow in color**

For additional information or questions, please ask a staff member or call the Community Center at (614) 901-6500.

OSU VS. PURDUE TAILGATE

DURATION: 1 Day **WCC**
INSTRUCTOR(S): Adaptive and Inclusive Staff **NEW!**
AGE(S): 16 and up **A**

RATE / DISCOUNTED RESIDENT RATE: \$5
Wear your scarlet and gray to cheer on the OSU basketball team. Bring your favorite tailgate snack to share.

Activity #	Date	Time	Day(s)
115505-02	March 2	2-4:30 p.m.	Sat

BOWLING

DURATION: 1 Day **WCC**
INSTRUCTOR(S): Adaptive and Inclusive Staff **A**
AGE(S): 16 and up
RATE: \$15

DISCOUNTED RESIDENT RATE: \$10
Meet us at the Community Center. Transportation, games and shoes for a fun day of bowling are included in registration. If you would like to purchase lunch at the bowling alley, please bring additional money.

Activity #	Date	Time	Day(s)
115505-01	Feb 9	11 am.-2 p.m.	Sat

If you have special needs, contact the Adaptive and Inclusion Specialist at (614) 901-6501 or lindsay.buis@westerville.org for assistance.

FANTASTIC FRIDAY

DURATION: 1 Day **WCC**
INSTRUCTOR(S): Adaptive and Inclusive Staff **NEW!**
AGE(S): 16 and up **A**
RATE: \$15

DISCOUNTED RESIDENT RATE: \$10
Let's get together with Dublin Parks and Recreation for great Fantastic Fridays. Drop off and pick up will be at the Westerville Community Center.

Activity #	Date	Time	Day(s)
115505-03	Jan. 11	6-8:30 p.m.	Fri
115505-04	March 22	6-8:30 p.m.	Fri

INTRO TO CANOE AND KAYAKING

DURATION: 1 Day **WCC**
INSTRUCTOR(S): Westerville and Gahanna Staff **A**
AGE(S): 13 and up

RATE / DISCOUNTED RESIDENT RATE: \$10
Westerville and Gahanna Parks and Recreation Departments have partnered to bring you an adaptive paddling experience. Certified adaptive paddling instructors will be on hand to provide a beginner-level introduction to kayaking and canoeing. Participants will learn the basics from terminology, safety procedures and equipment to on-water skills. Equipment will be modified to make the program accessible. The program will include two hours of classroom instruction, dinner, and two hours of on-water skills in the Community Center pool. Participants will need to meet American Canoe Association Essential Eligibility Criteria (EEC), which will be provided at the time of registration.

Activity #	Date	Time	Day(s)
115504-11	Feb. 24	2:30 -7:30 p.m.	Sun

VERTICAL ADVENTURES

DURATION: 1 Day **WCC**
INSTRUCTOR(S): Verticle Adventures Staff **NEW!**
AGE(S): 13 and up **A**
RATE: \$40

DISCOUNTED RESIDENT RATE: \$30
Meet us at the Community Center for this trip. We will drive to Vertical Adventures to climb with their trained adaptive climbing staff.

Activity #	Date	Time	Day(s)
115504-07	Jan. 19	10 a.m. - 12:30 p.m.	Sat

ACCESS TO FITNESS

DURATION: 1 Day **WCC**
INSTRUCTOR(S): Parks & Recreation Staff **A**
AGE(S): 16 and up
RATE: \$50

DISCOUNTED RESIDENT RATE: \$40
This is a great opportunity to work on living a healthy lifestyle. Staff will schedule appointments to help participants learn proper use of fitness equipment, types of workouts and etiquette within a gym setting. Once eight training sessions are completed, participants will receive a coupon towards an annual Ultimate Passport or annual Fitness Passport. Westerville Parks and Recreation fitness staff will call to schedule appointments. **Use activity number 115505-05 when registering.**