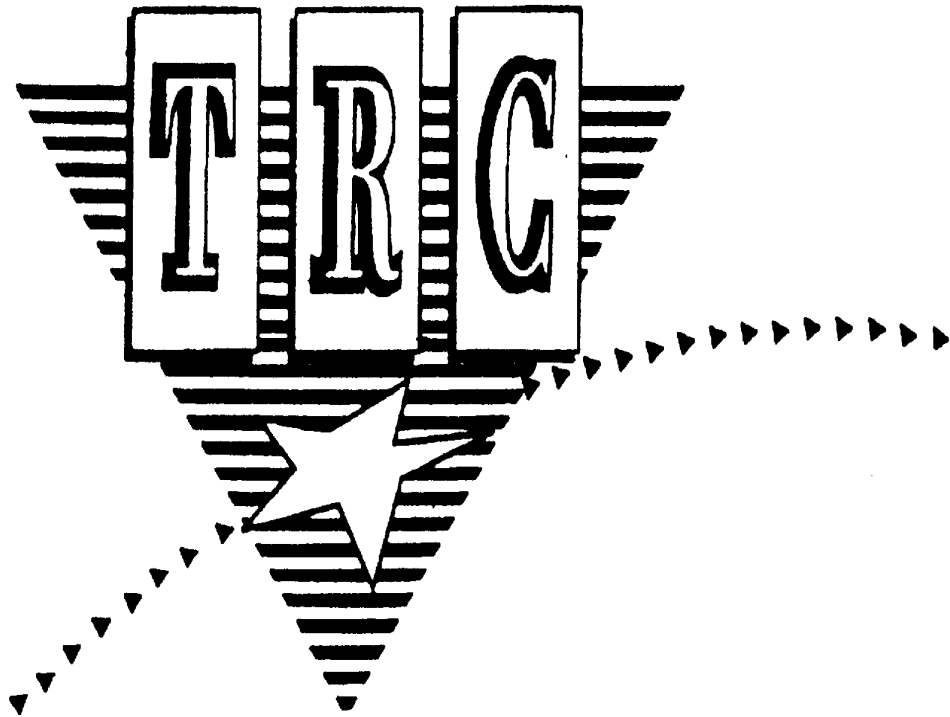


**MONTGOMERY THERAPEUTIC  
RECREATION CENTER  
WELLNESS BROCHURE  
JUNE 1, 2018 - AUGUST 4, 2018**

**TURNING DISABILITIES INTO WINDOWS OF OPPORTUNITIES!**



**“THE BENEFITS ARE ENDLESS”**

## **GENERAL INFORMATION**

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

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

**City Holidays:** The TRC will be closed the following holidays: July 4, 2018

## **REGISTRATION NOTES**

- 1. Registration for Summer semester is Saturday, May 5, 2018 from 9:00am - 12:00pm and Monday, May 7, 2018 through Friday, May 11, 2018 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 18 years and older. 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 and/or services needed.

**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.

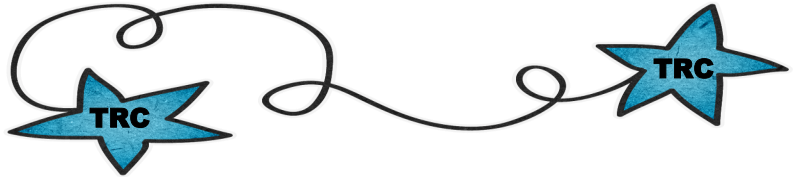
### One-on-One Computer Instruction

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



# 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. **Program will not meet July 4. ONLY LAP SWIMMING IS ALLOWED.**

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

### 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. **Program will not meet July 4.**

.....Day/Time:.....  
 Mon. & Fri.....12:00 - 12:45pm  
 Tues. & Thurs.....8:15 - 9:00am  
 Wed.....1:00 - 1:45pm  
 Contact:.....Jeffery Barlow

### 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 doing it at their own pace. There is a lifeguard on duty! **Program will not meet July 4.**

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

**The early bird catches the worm. Be an early bird in our Early Bird Series.**

**If you have any questions regarding aquatic classes, contact Jeffery Barlow.**

**If you find any lost items, please take to the office.**

# WELLNESS

**Energize Me** This is the same class just more fun and energetic 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. 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.....1:00 - 1:45pm**  
**Fri.....8:15 - 9:00am**  
 .....9:15 - 10:00am  
**Sat.....9:15 - 10:00am**  
**Contact: .....Jeffery Barlow**

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

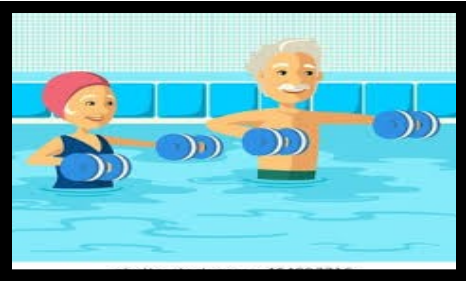
**Have it Your Way (open pool)** This is an unstructured program designed to allow participants to engage in an individualized exercise program in our heated pool. Participants can design their own exercise program, follow exercise routines developed by a therapist or bring their own therapist/ exercise instructor.  
 .....Day/Time.....  
**Mon.&Tues.....5:00-6:00pm**  
**Thurs.....10:15-11:00am**  
**Contact:.....Jeffery Barlow**

**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.  
**Day:.....Tues. & Thurs.**  
**Time:.....9:15 - 10:00am**  
**Contact:.....Jeffery Barlow**

**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:.....Jeffery Barlow**

**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!!!. Program will not meet July 4. Aqua shoes required.**  
**Day:.....Mon. & Wed.**  
**Time:.....10:15-11:00am**  
**Contact:.....Ralph Evans**

**Land Zumba** Bring your energy and prepare to have fun! This class will be a total workout, combining elements of fitness - cardio, muscle conditioning, balance, flexibility and energy!  
 .....Day/Time:.....  
**Fri.....10:15 - 11:00am**  
**Contact:.....Kristen Sellers**



**The outdoor pool  
 will be open Mon.,  
 June 1st, 2018.**

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

# WELLNESS

**Stretch - Tone** This class is designed to help our wellness members improve flexibility as well as toning areas of the body that do 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 more. Exercises will be done on mats.  
**Program will not meet July 4.**  
**Day:**.....Mon. & Wed.  
**Time:**.....10:15 - 11:00am  
**Contact:**.....Katie Johnson

**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.  
**Day:**.....Tue & Thurs.  
**Time:**.....10:15 - 11:00am  
**Contact:**.....Katie Johnson

## 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. & Thurs.....5:00 - 6:00pm  
 .....11:00am - 3:00pm  
 Saturday.....9:00-11:00am  
 Age:.....18 years and older  
 Contact:.....Katie Johnson

**SPLISH SPLASH**

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

**There will be a \$5.00 late  
 fee for any member  
 registering after  
 Fri., May 11, 2018.**



# 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 the fellowship and game 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

**PLEASE HELP US WITH THESE MUCH  
 NEEDED ITEMS FOR SUMMER CAMP,  
 PLEASE PUT ITEMS IN THE BOX PROVID-  
 ED FOR YOU IN THE LOBBY**

- ◆ GALLON MILK JUGS
- ◆ SHOE BOXES
- ◆ PAPER TOWELS HOLDERS
- ◆ WATER BOTTLES (16OZ) (With lids)
- ◆ NEWSPAPER
- ◆ EGG CARTONS

**Montgomery Therapeutic Recreation Center**

**604 Augusta Avenue**

**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

Pamla Tilghman, Creative Arts Coordinator

Katie Kotzman, Adapted Sports Coordinator

Michelle Glass, Asst. Creative Arts Coordinator

Lain Johnson, General Recreation Instructor

Kenny Gunn, General Recreation Instructor

Ralph Chrishon, General Recreation Instructor

Sampson Cotton, General Recreation Instructor

Abigail Boeckh, Recreation Aide/Equestrian Instructor

L ytericka Grey, Custodian

David Williams, Custodian

Aaron Cole, Assistant Director

Joye Bigelow, Resource Lab Coordinator

Katie Johnson, General Recreation Coordinator

Ralphina Evans, Asst. Aquatics Coordinator

Brad Ellis, Transportation Coordinator

Bernard Burton, General Recreation Instructor

Edward Woods, Aquatics Instructor

DeCarlos Chrishon, Aquatics Instructor

Deborah Duncan, Secretary

Kristen Sellers, Aquatics Instructor

Marlon Roberts, General Recreation Instructor

**Montgomery Therapeutic Recreation Center**

**City of Montgomery Leisure Services Department**