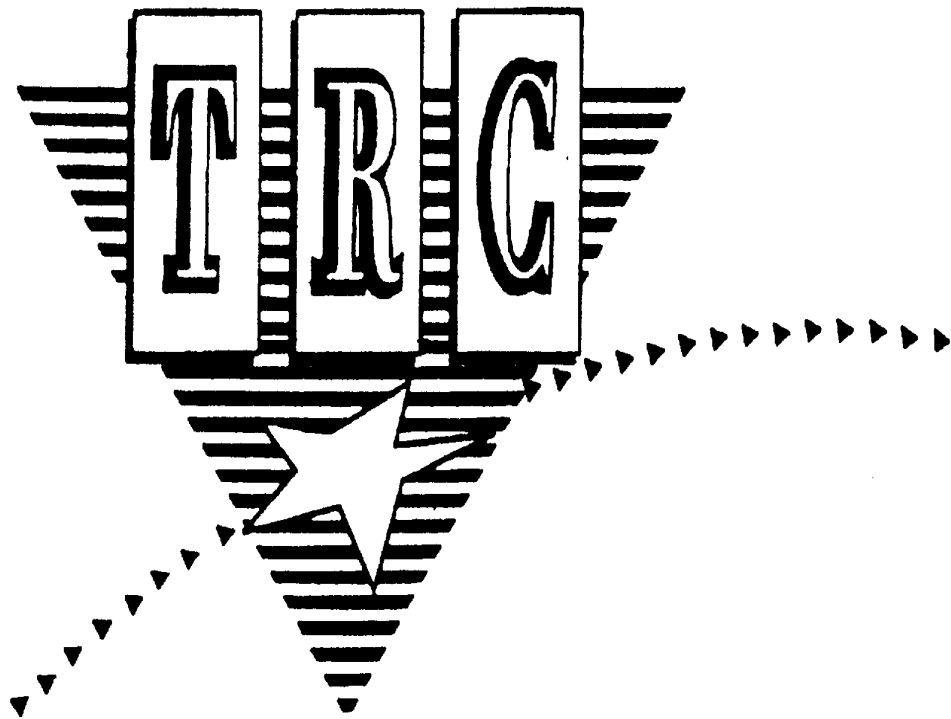


**MONTGOMERY THERAPEUTIC
RECREATION CENTER
WELLNESS SPRING BROCHURE
JANUARY 2, 2018 - May 31, 2018**

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, Friday	8:00am to 5:00pm
Saturday	9:00am to 12:00pm

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

MLK Holiday - Mon, January 15, 2018 President's Day - Mon, February 19, 2018
Memorial Day - Mon, May 28, 2018

REGISTRATION NOTES

1. Registration for Spring semester is Saturday, December 2, 2017 from 9:00am - 12:00pm and Monday, December 4, 2017 through Friday, December 8, 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.

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 participants 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. Members can contact the lab technician for any questions or requests.

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:.....Mon., Wed. & Fri.

Time:.....10:00am - 12:00pm

Contact:.....Joye Bigelow

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

SPRING REGISTRATION BEGINS

SAT., DECEMBER 2, 2017

AND ENDS FRIDAY,

DECEMBER 8, 2017

**CHECK OUT OUR AQUATIC CLASSES
HERE AT MTRC. THEY ARE DESIGNED
ESPECIALLY FOR ALL YOUR NEEDS.**

Don't forget to check out our information board located in the back hallway to the right of the ladies locker room. It is always filled with valuable information.

The Resource Lab offers magazines, recipes, health information, exercise guides and much more, all are located on the magazine rack at the entrance of the Resource Lab.



The graphic features the word "FITNESS" in large, bold, black letters at the top. Above the text are silhouettes of people running. Below the text are images of various fitness equipment: a red recumbent bike, a silver elliptical machine, a person on a stationary bike, a treadmill, a pair of dumbbells, and a person performing a sit-up.

Let MTRC help you
with your fitness
needs.

**REMEMBER THERE WILL BE A \$5.00
LATE FEE FOR ALL REGISTRATIONS
AFTER FRIDAY, DECEMBER 8, 2017.**

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 promote 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 Jan. 15, Feb. 19, May 28.*

.....Day/Time:.....
Mon.....8:15 - 9:00am
9:15 - 10:00am
6:00 - 6:45pm
Tues.....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

On the Move (Lap Swim)

Add a little splash to your day in a comfortable and relaxed atmosphere. Our heated pool is open to participants wishing to swim for better conditioning and endurance. You must be able to swim a complete lap with a basic stroke. During this time, ONLY LAP SWIMMING IS ALLOWED. A certified lifeguard is on duty. *Program will not meet Jan. 15, Feb. 19, May 28.*

.....Day/Time:.....
Mon. & Fri.....1:00 - 1:45pm
Tues & Thurs.....7:15 - 7:45am
Tues, Wed., & Thurs.....12:00 - 12:45pm
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 do it at their own pace. Life-guard on duty! *Program will not meet Jan. 15, Feb. 19, May 28.*

.....Day/Time:.....
Mon/Wed.....Exercise Class
Time:.....6:00 - 6:45am
Tues/Thurs.....Create your own
Time:.....6:00 - 6:45am
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 Jan. 15, Feb. 19, May 28.*

.....Day/Time:.....
Mon. & Fri.....12:00 - 12:45pm
Tues. & Thurs.....8:15 - 9:00am
Wed.....1:00 - 1:45pm
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. *Program will not meet Jan. 15, Feb. 19, May 28.*

Day:.....**Mon. & Tues.**
Time:.....5:00 - 6:00pm
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, 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. *Program will not meet Jan. 15, Feb. 19, May 28.*

Day:.....**Mon. & Wed.**
Time:.....11:15am - 12:00pm
Contact:.....Ralph Evans

WELLNESS SWIM LESSONS

Wellness Swim Lessons

The objective of this course is to give participants success with fundamental skills. Participants will learn to float without support and to recover to a vertical position. These lessons mark the beginning of true locomotion skills and to add stroke development for swimming and basic rescue skills. During the course of the sessions, wellness members are able to progress and be placed in groups based on progression. Some may be swimming laps using different strokes by the end of the course.

Program will not meet Jan. 15, Feb. 19.

Session I

Beginning date:.....Mon., Jan. 8, 2018

End date:.....Wed., Feb. 1, 2018

Session II

Beginning date:.....Mon., Feb. 5, 2018

End date:.....Wed., Mar. 1, 2018

Session III

Beginning date:.....Mon., Mar. 5, 2017

End date:.....Wed., Mar. 29, 2017

Days:.....Mon., & Wed.

Time:.....10:00 - 10:45am

Limit:.....10

Cost:.....\$75.00 or \$25 monthly installments

Contact:.....Jeff Barlow

Please be mindful that appropriate swimwear is mandatory for all MTRC aquatic programs. If you have any questions, please contact Jeffery Barlow at 334-240-4595

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/hip exercises and much more. Exercises will be done on mats. *Program will not meet Jan. 15, Feb. 19, May 28.*

Day:.....Mon. & Wed.

Time:.....10:15 - 11:00am

Contact:.....Aaron Cole

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:.....Aaron Cole

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.

Program will not meet Jan. 15, Feb. 19, May 28.

.....Supervised.....

Mon. - Fri.....8:15 - 11:00am

.....Unsupervised.....

Mon. - Fri.....6:00 - 8:00am

Tues. & Thurs.....5:00 - 6:00pm

.....11:00am - 3:00pm

Sat.....9:00 - 11:00am

Age:.....18 years and older

Contact:.....Aaron Cole

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:.....Fri.

Time:.....10:15 - 11:00am

Contact:.....Kristen Sellers

The Wellness Slide Bring your dancing shoes, energy and prepare to have fun!!The class will be an amazing workout that combines elements of cardio, muscle conditioning, balance and flexibility. All done through the power of dance. *Program will not meet Jan. 15, Feb. 19.*

Day:.....Mon.

Time:.....11:00-12:00 pm

Contact.....Kenny Gunn

WELLNESS SOCIAL CLUBS

That's What Friends Are

For This class is made up of individuals who would come together and build a family constructively. This is achieved by connective imagination and designing. Arts and crafts is a treat for the eye. Lunch is not only a meal time, but a social hour for us to network with each other and discuss thoughts and feelings. So, if you are looking for a way to challenge your physical and mental self, this class will do that for you. The members of the class work on crafts until noon then have lunch together.

Day:.....Tuesday
Time:.....10:00am - 1:00pm

Age:.....(18 and older with physical impairments)
Cost:.....\$15.00
Limit:.....5
Contact:.....Pamla Tilghman

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

Wise Club

Enjoy the 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 Domino train with the Wise club!

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

WELLNESS, NEW PROGRAMS & DAY ACTIVITIES

Simple Sewing Class

Simple sewing class will meet on Monday and Wednesday. You will learn how to make pillows, aprons, handkerchiefs etc. You will need to bring your own supplies. *Program will not meet Jan. 15, Feb. 15.*

Day:.....Mon. & Wed.
Time:.....10:00 - 11:30am
Contact:.....Pamla Tilghman

9 Ball Billiards Do you have game? Well this is your chance to prove it. 9 ball pool is new to the TRC programming. We will learn and play 9 ball. We will develop a team so that we can participate in 9 ball tournaments. So come join the Team and have a ball. Don't forget to bring your lucky cue stick. *T-shirt and tournament cost will be announced at a later date.*

Day:.....Wednesday
Time:.....10:00 - 11:00am
Limit:.....10
Age:.....50 years and older
Contact:.....Bernard Burton

Pinterest Projects Do you have a project and don't know what to do? Do you need space to create your next craft? Then bring your supplies, and we will work together to create your masterpiece. The instructor will help you come up with ideas or work on new techniques. No supplies are provided. Some tools are available.

Day:.....Fridays
Time:.....10:00 - 12:00pm
Limit:.....10
Contact:.....Michelle Glass

LOCKERS ARE AVAILABLE FOR
\$10.00 PER SEMSTER.
THEY MUST BE PAID EACH
SEMESTER.

**More Wellness activities
on the next page.**



WELLNESS

Bargain Hunters' Club

(The Foundry) Come join the next hunt for a good bargain! We will travel to Birmingham to the Foundry Super Thrift Store to shop, then we will go to one of Birmingham's favorite spots for lunch. Bring your money for shopping and lunch and join in the fun.

Day:.....Sat., Feb. 3, 2018
Time:.....9:00am - 4:00pm
Limit:...15 (must have 6 to make trip)
Cost:\$5.00
Contact:.....Michelle Glass

.....or Kristin Sellers

Bargain Hunters' Club

(Lovelady Thrift) Come join the next hunt for a good bargain! We will travel to Birmingham to the Lovelady Thrift Store to shop, then we will go to one of Birmingham's favorite spots for lunch. Bring your money for shopping and lunch and join in the fun.

Day:.....Sat., April 23, 2018
Time:.....9:00am - 4:00pm
Limit:...15 (must have 6 to make trip)
Cost:\$5.00
Contact:.....Michelle Glass

.....or Kristin Sellers

**PLEASE FILL OUT ALL
REGISTRATION FORMS
COMPLETELY IN ORDER
FOR US TO HAVE THE
MOST CURRENT AND UP
TO DATE INFORMATION
ON ALL WELLNESS
MEMBERS.**

2018 SPRING SEMESTER MEET AND GREET

Our past Meet and Greets have been a big success and at the request of our Wellness members we are going to have a Meet & Greet every semester. There will be good food, good friends, and lots of fun! Just bring yourself and a covered dish. Take this opportunity to meet other wellness members and fellowship with the TRC staff.

Date:.....TBA
Time:.....TBA
Contact.....Joye Bigelow

GAME ROOM

We are pleased to open our Game Room up to our Wellness participants to enjoy! Our game room features ping pong, billiards and darts. Simply check availability of the game room and then out equipment at the front desk to partake in these fun leisure activities.