

Inclusion & Therapeutic Recreation Services

INCLUSION is an award-winning service that provides accommodations to persons with disabilities for participation in recreation programs, facilities and leisure activities offered to the community. Inclusion also includes community/staff trainings, disability awareness programs, and accessibility of park trails and recreational facilities. Citizens with disabilities are encouraged to recreate with their peers by taking any class listed in this brochure. For more information or to request an accommodation, call 259-5354.

Essential Eligibility Requirements

The basic eligibility requirements for all programs, camps, classes, and events are listed below. In addition to the requirements, there may be specific requirements for each program, camp, or class. Please call Inclusion Services if you have questions.

1. Capacity

The capacity for each program is based on ratio and logistics. If the maximum enrollment for a program has been met, a participant may be unable to enroll or placed on a wait list.

2. Charges and Fees

Payment is due upon registration. Payments must be received before admission into any program.

3. Conduct

All participants are required to follow the rules of conduct in the James City County Behavior Policy.



Requesting an Accommodation

To make a request, check the Accommodation Request Box on the registration form or call 259-5354. An Inclusion Services staff member will contact the participant or guardian to complete an assessment (Inclusion Profile) to determine the most reasonable accommodations. To ensure accommodations are met, a three-week notice is requested before program begins.

Accessible Equipment

- The JCWCC's fitness area is equipped with special adaptive equipment for those who use wheelchairs, lack mobility or require physical therapy. This equipment was purchased with a grant from the Peninsula Disability Services Board.
- For swimmers who use wheelchairs, aquatic chairs are available at the JCWCC in the aquatic area.
- Kidsburg (located at Mid County Park) has an adaptive swing for children with disabilities.
- Also visit "My Place," the new inclusive playground adjacent to the JCWCC.

Americans with Disabilities Act Statement of Compliance

JCC Parks and Recreation welcomes individuals with disabilities to participate in all recreation programs and activities and does not discriminate based on disability. Reasonable accommodations will be made to enable an individual's participation in a program as long as they meet the essential eligibility requirements. If you feel we're not in compliance with ADA requirements, please contact the ADA Compliance Coordinator, Doug Powell at dpowell@james-city.va.us or call 253-6604.

Inclusion Companion Program

Are you a retired teacher, special education aide or a therapeutic recreation or high school student interested in volunteering your time to assist persons with disabilities? To help, call 259-5403 or email vasprigg@james-city.va.us.

Days of Discovery!

Camp

(ages 5-21 with disabilities)
selected WJCC School sites
 (to be determined)
June 26-August 8, 2012 (7 weeks)
M-Th, noon-4:30pm
 (after summer school dismissal)
Registration deadline: June 1, 2012

This exciting summer camp experience provides fun, structured activities for participants with a disability. Sessions include arts and crafts, swimming, outdoor play, gym games, and community outings to enhance socialization and leisure skills. Parents are responsible for daily pick-up of your child. A typical camper:

- has a mild to moderate disability
- can independently, or with verbal cues, feed, bathe and toilet
- is able to function successfully within a 1:3 staff to camper ratio
- able to adjust to changes in routine/ environment with relative ease
- has the ability to effectively communicate needs to a counselor

Registration: forms will be available on Friday, February 3 at JCWCC, JRCC and Satellite Services in Toano. All registration information must be completed and mailed by June 1 to guarantee placement for the first week of camp. Mail to:

JCC Parks and Recreation
Days of Discovery
5300 Palmer Lane, Suite 1A
Williamsburg, Virginia 23188

Registrations received after the deadline will be placed on a space availability basis. For more information, call 259-5354.

**Register online for
 all classes at
jccEgov.com/recreation.**

Buddy Art **FREE!**

(youth ages 7+ with special needs and/or physical disabilities)

A variety of art activities are offered based on the ages, ability levels, and interests. Each class has activity stations and a special project based on the week's theme. Participants are assigned a volunteer "Buddy" to work with them one-on-one. For more information, visit thiscenturyartgallery.org/BuddyArt or contact karenschwartzart@cox.net or (757) 565-2795. Sponsored by This Century Art Gallery in partnership with volunteers from William and Mary and JCC Parks and Recreation. JCWCC

Sat 9/17, 10/1, 10/15, 10/29, and 11/5 3-4pm 209090-A

Sat 2/4, 2/11, 2/18, 2/25, 3/24 and 3/31 3-4pm 202090-A

Buddy Ball

(boys and girls, ages 5-20 with special needs)

Buddy Baseball is provided in partnership with the Williamsburg Youth Baseball League. Players are assisted by one-on-one volunteer buddies, who make it possible to adapt play to individual player needs. The next season runs September-October and games are held on Sundays from 2-3pm starting the Sunday after Labor day. Registration fee is \$20. Please call (757) 565-2795 for more information.

Achilles International Track Club

The club assists those with all types of disabilities to participate in mainstream athletics. Team workouts for individuals with disabilities of all levels and ages every Tuesday 5:30-6:30 pm. Meet behind Virginia Center for Physical Therapy in New Town, 5400 Discovery Park Boulevard. For information, contact Ann DeGruy Scanlon at (757) 589-1772 or achilleswilliamsburg@yahoo.com.

inclusion



Provided in partnership with the Arthritis Foundation. A Participant Release Form must be submitted with a Parks and Recreation waiver. Classes are not included with wristbands.

Arthritis Foundation Exercise Program Level I

Promotes joint flexibility, muscular strength, endurance, coordination and range of motion. This chair-based class is ideal for anyone who needs a low intensity exercise program. Instructor:

Gail Peck. JCWCC Aerobic Studio
 T/Th September 11:15am \$20/\$15 909770-A
 T/Th October 11:15am \$20/\$15 910770-A
 T/Th November 11:15am \$20/\$15 911770-A
 T/Th December 11:15am \$20/\$15 912770-A
 T/Th January 11:15am \$20/\$15 901770-A
 T/Th February 11:15am \$20/\$15 902770-A

Arthritis Foundation Exercise Program Level II

Designed to enhance your cardiovascular conditioning, range of motion, flexibility, muscular strength, endurance and coordination. The class is ideal for anyone with arthritis who wants to remain active. Moderate intensity level. Instructor: Brenda Mitchell. JCWCC Aerobic Studio

M/F September 11:05am \$20/\$15 909780-A
 M/F October 11:05am \$20/\$15 910780-A
 M/F November 11:05am \$20/\$15 911780-A
 M/F December 11:05am \$20/\$15 912780-A
 M/F January 11:05am \$20/\$15 901780-A
 M/F February 11:05am \$20/\$15 902780-A