

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 about Inclusion, call 259-5354.

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 259-6604.

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 the Inclusion Coordinator 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.

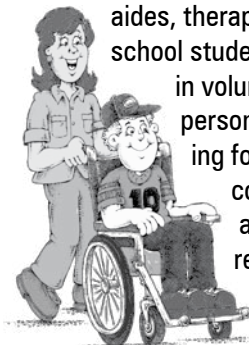
3. Conduct

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. To ensure accommodations are met, a three-week notice is required before program begins.

Inclusion Companion Program



Calling all retired teachers, special education aides, therapeutic recreation students, high school students and all others interested in volunteering your time to assist persons with disabilities. We're looking for individuals to volunteer as companions for persons with disabilities participating in our recreation and leisure activities. **If interested, call the Volunteer Coordinator at 259-5403.**

Specialized Therapeutic Recreation Programs

In collaboration with our community partners, we offer goal-oriented programs for individuals with disabilities that promote a healthy lifestyle as well as providing exposure to cultural experiences in the community. Our programs encourage the development of physical, social, emotional and cognitive skills while preparing each individual for leisure involvement in their community.

Teensational Socials (ages 12-22)

Teensational Socials are an opportunity for youth ages 12-22 with physical, emotional or cognitive disabilities to practice social skills, meet new people, learn new skills and have a great time! Each session includes a craft, new activity and a snack. Trained and experienced staff will work on communication, teamwork and socialization. Space is limited, so register now!

Sat	9/26	1-3pm	\$20/\$15	JCWCC	90970-A
Sat	10/24	1-3pm	\$20/\$15	JCWCC	91070-A
Sat	11/28	1-3pm	\$20/\$15	JCWCC	91170-A
Sat	12/19	1-3pm	\$20/\$15	JCWCC	91270-A
Sat	1/16	1-3pm	\$20/\$15	JCWCC	90170-A

Buddy Baseball (girls and boys between the ages of 5 and 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 from Sunday, September 13 - Sunday, November 1. Games are held on Sundays from 3-4pm, at the Warhill Sports Complex. For more information and to register, call Joel Schwartz at 565-2795.

Buddy Art (ages 6 and older with special needs)

This Century Art Gallery presents...Buddy Art! We'll offer a multimedia workshop where participants can experience all different types of art. Participants will be assigned one-on-one volunteer Buddies from the Sharpe Community Scholars Program at William and Mary who'll provide individualized attention and assistance. For more information and to register, contact Karen Schwartz at 565-2795 or by email at karenschwartzart@cox.net. To learn more visit: www.thiscenturyartgallery.org/BuddyArt/Buddy_Art.htm

Sat 10/3, 10/17, 10/31 3-4pm Free JCWCC

Sat 11/7, 11/14, 11/21 3-4pm Free JCWCC

Challenge Swim (ages 8 and older)

Challenge Swim is offered in partnership with Special Olympics. Participants must be eligible for Special Olympics to participate. Individuals with an intellectual disability are invited to strengthen skills, prepare for competition and to enjoy the water! A Special Olympic application is required. Please call Chris Lamaire at 565-0686 for an application and as notification of your child's intention to participate.

Sat 9/12-11/21 10:45am-noon \$10/\$15 JCWCC 91271-A

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. Come out and enjoy the swing and all of the other activities the park has to offer!



Special Exercise Programs

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 a wristband.

Aqua Easy

This low intensity class focuses on relieving arthritis pain and stiffness and improving the range of movement of joints. Participants perform range-of-motion, strengthening and aerobic exercise. No swimming ability required.

Arthritis Foundation Aquatic Program

Provides an ideal environment for relieving arthritis pain and stiffness and improving the range of movement of joints. Classes will be 50 minutes. No swimming ability required.

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.

- September 90977-A
- October 91077-A
- November 91177-A
- December 91277-A
- January 90177-A

T/Th 11:15am \$15/\$10 JCWCC Aerobic Studio

Arthritis Foundation Exercise Program Level II

Designed to enhance your cardiovascular conditioning, range of motion, flexibility, muscular strength, endurance and coordination. The activities in this class are designed to accommodate someone with arthritis who wants to remain active. This class has a moderate intensity level. Instructor: Brenda Mitchell.

- September 90978-A
- October 91078-A
- November 91178-A
- December 91278-A
- January 90178-A

M/F 11:05am \$15/\$10 JCWCC Aerobic Studio