

## Teens/Young Adults/Adults Programs (22+)

### Meet and Mingle Social Club (Ages 22+)

Meet and Mingle Adult Social Club is for adults ages 22+ who have a mild developmental and/or intellectual disability and require no or minimal supervision and are independent in their daily living activities. Members will be supported by staff in a 1:10 ratio but will also have opportunities to engage more independently in the activities while out in the community.

### Adult Social Clubs (Ages: 22+)

Designed to promote personal success and development of skills necessary for individuals to be self-sufficient in the planning and use of their leisure resources and opportunities. The social clubs were created on the principles of peer support, consumer direction and ownership, and diversity in leisure experiences. We recognize that each person has skills and abilities that enable them to contribute to the social clubs and to plan their own social activities. We offer three Adult Social clubs that serve Fairfax County: the Annandale/Fairfax Club, the Mt. Vernon Club, as well as the Reston Club.

### K.E.Y.S. [Keep Exercising Your Senses] (Ages 22+)

The K.E.Y.S. program provides individuals the opportunity to explore a wide range of recreational activities with a strong emphasis on sensory orientated activities. This program encourages individuals to explore various sensory systems focusing on a different theme each month. Held two Saturdays a month at the James Lee Community Center.

### 2nd Sunday Funday (Ages 22+)

The 2nd Sunday Funday Series aims to build participants leisure interests by exploring a wide range of recreational and leisure activities. Participants will engage in a themed day of activities designed to work towards being more independent in the recreation and leisure activities of their choice.



## Description of Therapeutic Recreation Services (TRS)

The aim of Therapeutic Recreation Services is to provide children and adults with disabilities the opportunity to acquire skills that enable them to participate in recreation and leisure programs of their choice. TRS staff is committed to providing services, education, and resources that meet our participants interest, needs, and abilities on the road toward lifelong participation and enjoyment in recreation and leisure activities.

For additional program opportunities, please visit our website. TRS programs are for residents of Fairfax County, Falls Church City or Fairfax City.

### ARE YOU INTERESTED IN CONNECTING TRS TO YOUR SCHOOL OR COMMUNITY?

Please contact the Therapeutic Recreation main office to find out about ways TRS can help inform your community about programs available to children, teens, and adults with all levels of abilities!

Email: [NCS-TRACERS@fairfaxcounty.gov](mailto:NCS-TRACERS@fairfaxcounty.gov)

Phone: 703-324-5532, TTY 711

To register online go to:

[www.fairfaxcounty.gov/ncs/tracers](http://www.fairfaxcounty.gov/ncs/tracers)

To request a paper registration packet or get more information

## Neighborhood and Community Services

### Therapeutic Recreation Services

12011 Government Center Pkwy,  
10th Floor  
Fairfax, VA 22035

Phone: 703-324-5532, TTY 711  
Fax: 703- 653-1375  
[ncs-tracers@fairfaxcounty.gov](mailto:ncs-tracers@fairfaxcounty.gov)

## Neighborhood and Community Services

## 2019-2020 Fairfax County Therapeutic Recreation Services

### Get Involved in the FUN!



## A Guide to Recreation, Leisure, and Respite Opportunities for Individuals with Disabilities & Their Families

### Fall, Winter and Spring Programs

[www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation](http://www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation)



## School Aged Programs (2 yrs—22yrs)

### SMILE

#### (Saturday Morning Integrated Leisure Experience, Ages 2-5)

The S.M.I.L.E program is an integrated play program for young children with and without disabilities. S.M.I.L.E promotes appropriate social and behavioral interactions in a play environment. The program operates on Saturday mornings, 10 a.m.—1 p.m. during the fall, winter, and spring in Reston.

#### F.A.N.tastic Times [Family Autism Night] (Ages 2-22)

Family Autism Night is a free drop-in program for individuals on the autism spectrum and all members of their family. Participants enjoy games, crafts, sports, and a different special activity each month. The program is offered once a month, February—October, at various locations throughout Fairfax County.

#### Paralympic Sports (Wheelchair Sports, Ages 4-22)

The Fairfax Falcons Paralympic Sports team provides individuals with a wide variety of sports experiences, teamwork, social skills and fitness skills. The Falcons are a year round program and meet on Saturday mornings at James Lee Community Center in Falls Church. This program is for individuals who have an irreversible lower extremity disability, such as paralysis, amputation, spina bifida, spinal cord injuries, or cerebral palsy. The program provides skill development in many sports including Basketball, track and field, indoor rock climbing, and golf. For more information, visit [www.fairfaxfalcons.org](http://www.fairfaxfalcons.org)

#### Caregivers Night Out (Ages 6-22)

Caregiver Night Out is a great opportunity for participants to enjoy and explore leisure opportunities while providing parents/caregivers an evening out. Come join us for a fantastic evening of enjoying leisure activities, including art, sensory, cooking, and fitness/movement in a fun and structured environment. Held on various days, times, and locations.

#### Saturday Discovery (Ages 6-22)

Saturday Discovery provides individuals the opportunity to discover their leisure interests by exploring various leisure options such as arts, sports, sensory, dance, and music, all adapted to meet their individual needs in a structured environment. Saturday Discovery operates in two sessions that include 8 Saturdays each, during the school year at varying locations.

## School Aged Programs (6 yrs-22 yrs)

### Voyager (Ages 6-22)

The Voyager program aims to build participants leisure independence by focusing on targeted leisure skill development within the group's specific areas of interest. Participants will engage in activities designed to work towards being more independent in the leisure and recreation activities of their choice. Voyager operates in two 8 week sessions on Friday nights (ages 13+) or Saturday afternoons (ages 6-22), during the school year at varying locations.

### JPMF Splash! (Ages 6-22)

JPMF Splash! provides water safety classes and camps designed to teach participants how to be safe and have fun in and around the water. This award winning program is based on five water safety rules designed specifically for individuals with disabilities. Participants learn basic swim skills and water safety while playing games with their swim buddies under the guidance of a trained swim instructor. The program meets year round at varying locations. For more information about The Joey Pizzano Memorial Fund, please visit [www.ipmf.org](http://www.ipmf.org).

### Power Soccer (Ages 6+)

Looking to improve your soccer game? The Power Soccer team will help you develop and enhance soccer skills. Power Soccer meets on Saturdays during the school year. This program is for individuals with spina bifida, spinal cord injuries, cerebral palsy or an injury affecting their lower extremities. Participants must use a power wheelchair to participate.

### Adventure Series (Ages 10-22)

Adventure Series is designed to improve teamwork, social skills, increase self-esteem, and to give participants with varying abilities the opportunity to try new, exciting leisure activities that they may have never tried before. From snow tubing to zip lining, fun, laughter, and friendships are being formed to create lasting memories! Activities held on various days and locations.

### Teen and Young Adult Social Club (Ages: 14-29)

Designed for individuals with physical, sensory, developmental or learning disabilities. The Teen and Young Adult Social Club promotes personal success and the development of social skills. Participants plan leisure outings and events, make use of the leisure resources in the community, and go out to have fun together.

## Teen/Young Adult/Adult Programs (16—18+)

### Dance Club (Ages: 18+)

Get out your dancing shoes and get ready to show off your moves at the Dance Club. Our DJ will keep you moving with new tunes and old favorites. With a new theme each month and a group happy birthday party for everyone having a birthday that month, the Dance Club gives folks of all abilities a chance to socialize while listening to great music. The dances are held once a month at one location in the county.

### Project Success II (Ages: 18+)

Shake up the fun! This adult program takes place twice a month on Thursday nights at one location in the county. Individuals with developmental disabilities engage in a variety of structured and free-choice activities designed to foster socialization, independence and leisure skill development. Activities include arts and crafts, service learning projects, games, cooking and hobby projects.

### Sports and Fitness (Ages 16+)

Looking to improve your muscular strength, endurance, and flexibility? Want to know more about nutrition and overall well-being? If so, the Sports and Fitness Program is for you. Geared toward participants with developmental disabilities, Sports and Fitness teaches basic skills in a variety of team and individual sports. There are three 8-week sessions during the year at one location in the county. Come on out, play a new sport, practice an old favorite, and stay healthy.

### Fit & Fuel (Ages: 16+)

Fit & Fuel is a wellness program for participants with intellectual disabilities. Participants will focus on developing knowledge and skills to improve personal fitness, and health. Each session will include participation in a structured exercise/fitness component followed by an opportunity to create a healthy snack. Participants can get fit and fuel up!

### Trailblazers (Ages: 18+)

The program is a social club for participants with a physical disability (Cerebral Palsy, Brain Injury, etc.). The club fosters personal success and social growth through new friendships, participation in community events and leisure activities, development of leisure resources, and improving upon recreation skills. Trailblazers meets twice per month to plan and engage in leisure outings.

**SUMMER CAMPS AVAILABLE FOR SCHOOL AGED PARTICIPANTS DURING JULY AND AUGUST!**

Visit <https://www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation> for more information on summer camps!