

# Adapted Recreation

## Adapted Recreation Program



The Cheektowaga Adapted Recreation Program is for youth with developmental and other disabilities. The major goals of the program are to provide a variety of adapted recreational activities and sports training which will help improve motor control, boost self-esteem and increase social skills. Our activities include: Friday Night Social Club (13 yrs. and older), Friday Night Bash (12 years and younger) and Saturday Mini-Camp. We also train in basketball, swimming, bowling, track & field and softball for Western Region Special Olympics.

**Special Olympic Training:** Our group prepares for competition in Western Region Basketball, Bowling, Swimming, Track & Field and Softball. Athletes need a minimum of 10 trainings to compete. All trainings are done at various levels allowing for participants of varying degrees of handicaps to compete.

**Saturday Mini Camp:** A variety of adapted recreation activities are provided in Arts & Crafts, Physical Education, Music, Cooking and more. A bag lunch must be sent with your camper (drinks will be provided).

**Friday Night Social Club & Friday Night Bash:** Groups will meet one Friday a month for an evening of fun. We plan activities either out in the community or at our Center. Cost varies with activity.

**All activities will be supervised by trained staff. If at any time you have questions or concerns, please do not hesitate to contact the Adapted Recreation Office at 897-7205**

**Jessica Maleck**  
Program Coordinator



**Registration is on-going, call 897-7205.**

**Fees:** \$149 Resident\*  
\$175 Non-resident\*  
\$34 Special Olympics Only\*

**\*Ask about discount for FSS Families**

Additional fees may be charged for field trips and Friday night programs.

### Locations & Times:

- Monday:** Basketball Program (ends in March)  
6:30-8pm, JFK Middle School
- Tuesday:** Track & Field Program  
(Begins in March)  
6-7:30pm, Alexander Comm. Center
- Wednesday:** Swim Program (ends in April)  
TBA
- Friday:** Friday Night Social Club  
Friday Night Bash  
Varies according to activity
- Saturday:** Mini Camp  
10am-2pm, Alexander Comm. Center  
Bowling Program (every other Saturday)  
3-5pm, Lancaster Lanes

A monthly calendar will be provided to list each month's activities as well as other important information.

