

# 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 Socials, Saturday Mini-Camp, and sports training in basketball, swimming, bowling, track & field and softball for Western Region Special Olympics.

**Sports 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 ability 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.

**Friday Night Social:** 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**

**Amy McMahon**  
Program Coordinator



**Registration is on-going, call 897-7205 or email [cheekarp@gmail.com](mailto:cheekarp@gmail.com).**

**Program Fees:** \$290 Cheektowaga Residents\*  
\$392 Non-residents\*

**Sports Only:** \$75 Residents  
\$95 Non-residents

**OPWDD Eligible:** \$247 Cheektowaga Residents

**Participants** \$283 Non-residents

**Sports Only:** \$55 Residents  
\$75 Non-residents

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

### Locations & Times:

**Monday:** Basketball Program (Oct-March)  
6:30-8:00pm, JFK Middle School

**Tuesday:** Track & Field Program (March-May)  
6:00-8:00pm, Alexander Comm. Center

**Wednesday:** Swim Program (Oct-April)  
6:00-8:00pm, JFK High School

**Friday:** Friday Night Social (Oct-May)  
Varies according to activity

**Saturday:** Mini Camp (Oct-May)  
10:00am-2:00pm,  
Alexander Comm. Center

**Bowling Program (Oct-Feb)**  
(2 Saturdays/Month)  
3:00-5:00pm, Lancaster Lanes

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

**IN ORDER TO RECEIVE THE  
RESIDENT RATE YOU MUST  
PURCHASE A MEMBERSHIP CARD**