

Special Needs Hip Hop Class

Take a chance and dance! This hip hop class is designed for youth of all abilities, ages 9-17, to participate and enjoy meeting new friends, moving to the beat and learning hip hop routines. Students achieve a feeling of success each week as they gain a new skill, improve balance, stability and stamina, and socialization skills.

Class can be done unassisted but aides, parents, or guardians are welcome to join in for success. For questions specific to this class contact Kick It Up! at (562) 430-1812. Instructor: Kick It Up! Staff

• **Location: Kick It Up!, 8129 E. Wardlow Rd., Long Beach.**

• **No class July 4.**

14280	Th	6:30pm-7:30pm	6/20-8/1	Off Site	\$40/6 Mtgs
14281	Th	6:30pm-7:30pm	8/8-9/19	Off Site	\$45/7 Mtgs

Top Flight on Ice

This class is specifically designed for the Special Needs Community, ages 3 and older. All skaters will learn to skate with a qualified instructor. Skaters will learn to skate forward and backward, and gain confidence to skate on their own. Class fee includes skate rental, half hour of instruction and free practice session on your registered class day: Wednesday 7:10-7:40 p.m. and Saturday 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. For more information, visit www.therinks.com. Instructor: The Rinks Staff

• **Location: The Rinks Lakewood Ice, 3975 Pixie Ave., Lakewood.**

• **No class July 3 & 6.**

14317	W	6:10pm-6:40pm	6/26-7/24	Off Site	\$45/4 Mtgs
14318	Sa	9:45am-10:15am	6/29-7/27	Off Site	\$45/4 Mtgs
14319	W	6:10pm-6:40pm	7/31-8/21	Off Site	\$45/4 Mtgs
14320	Sa	9:45am-10:15am	8/3-8/24	Off Site	\$45/4 Mtgs
14321	W	6:10pm-6:40pm	8/28-9/18	Off Site	\$45/4 Mtgs
14322	Sa	9:45am-10:15am	8/31-9/21	Off Site	\$45/4 Mtgs



Adaptive Recreation

Adaptive Recreation is designed to provide equal recreation and leisure opportunities for people with special needs. For participants 8 years of age through adults who can function at 1:4 ratio (staff to participants). Activities include arts and crafts, life skills, mini-trips and sports training. Special events are offered once a month for a marginal fee. Registration is limited. The Adaptive Recreation program meets at Bloomfield Park, Tuesdays from 3:30 p.m. – 5:30 p.m. There is a \$5 fee on special “party” days.

Friday, June 21
Movie Night in the Park
Monte Verde Park
7-10 p.m. • FREE

Saturday, July 20
ARP Pool Party & BBQ
McCormick Pool at Bolivar Park
4-8 p.m. • \$5

Saturday, August 3
Family Game Day & Pot Luck
Palms Park
9 a.m.-2 p.m. • FREE

Friday, August 9
ARP End of Summer Luau
Bloomfield Park
6:30-9:30 p.m. • \$5

Special Olympics

Lakewood partners with Special Olympics Southern California to provide a year-round athletic program for individuals with intellectual and developmental disabilities. Three sports seasons are offered

Spring – Basketball and Bocce Ball
Summer – Bowling*
Fall – Softball, Soccer and Golf*
***Bowling/Golf practice dates vary, and are held off site.**

Practices are held every Thursday, from 6:30 – 8:30 p.m. at Bloomfield Park. Miscellaneous tournaments are also provided each season, along with a full schedule of inclusionary team softball and basketball games within the Lakewood Youth Sports program. Program registration and medical clearance is required prior to participating.

Fall Season Program Meeting
Thursday, August 15 – 6:30 p.m.
Bloomfield Park

For more information call
 Bloomfield Park at (562) 865-1717.