

Adaptive Programming

Special Needs Hip Hop - LIVE or VIRTUAL

Take a chance and dance! This hip hop class is designed for youth of all abilities, ages 9-16, 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. Instructor: Kick It Up Staff

- **Location:** Kick It Up, 8129 E. Wardlow Rd., Long Beach.
- **This class can be done virtually! Contact the Recreation and Community Services Department for more information.**
- **No class November 25.**

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|-------|----|---------------|------------|-------------|
| 20879 | Th | 7:30pm-8:30pm | 9/30-10/28 | \$35/5 Mtgs |
| 20942 | Th | 7:30pm-8:30pm | 11/4-12/9 | \$35/5 Mtgs |
| 20943 | Th | 7:30pm-8:30pm | 1/6-2/3 | \$35/5 Mtgs |



Adaptive Recreation

The Adaptive Recreation Program meets at Bloomfield Park, Tuesdays from 3:30 – 5:30 p.m. 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 a 1:4 ratio (staff to participants). Activities include arts and crafts, food preparation, mini trips and sports training. Special events and excursions are offered once a month for a marginal fee. There is a small fee for special event days. **The program will offer a fall session beginning September 14 through December 14. Registration is limited. Please contact Bloomfield Park to register for the Fall Session.**

Friday, October 15

ARP Halloween Costume Dance
Bloomfield Park
6-9 p.m. \$5

Thursday, November 18

ARP Friendsgiving
Bloomfield Park
6:30-8:30 p.m. FREE

Friday, December 17

ARP Cocoa and Holiday Movie
Bloomfield Park
6-8:30 p.m. FREE

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*

Program registration and medical clearance is required prior to participating.

*Bowling/Golf practice dates vary, and are held off site.

For more information on the Adaptive Recreation or Special Olympic Programs contact Bloomfield Park at 562-865-1717.