McBeth Recreation Center

Adaptive Sports • Special Events • Camps • Dances

RECREATION PROGRAM GUIDE

CityofAustinParks.org

January through May 2014
McBeth Recreation Center

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www.facebook.com/austinparksfamilies

Please note that the McBeth Recreation Center will be closed for its Annual Maintenance Week; 3/17—3/21/2014. All programs provided at off-site locations will be conducted as normal, but programs conducted at McBeth will NOT be available.
The City of Austin is proud to comply with the Americans with Disabilities Act. The Department is committed to supporting people with disabilities in recreation and believes in providing opportunities where in all individuals are accepted, included, and welcomed to live, learn, and play together. The Department supports this choice through our Inclusion Support Services. If you would like more information regarding our Inclusion Support Services, please contact Kipa Smith at (512) 974-3917 or email inclusion@austintexas.gov
Out of School Time

**AFTER SCHOOL EXPLORERS**

Designed to foster youth development through active play and enrichment activities. The after school program offers a variety of supervised activities including arts and crafts, science projects, nutrition lessons, sports, educational games, and other enrichment activities. A healthy snack is available each day. *Transportation is not provided*

**Program Hours:** 2:45pm – 5:55 pm  
(5 Minute grace period for child pick up)

**Dates:** Mon–Fri  
**Ages:** 6-22 years

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**C-Day Program**

No school today? Don’t sit at home with nothing exciting to do. Join us for a fun day filled with learning and exploration. This program is offered on non-city holidays that are teacher work days. The center will provide an all day camp that will include active games, enrichment activities and more. Each child is required to bring a lunch and two snacks daily. This is not a drop-in program and a minimum of 6 registered participants are required in order to conduct this program. Ages: 6-22 years old

**Dates:** Friday, April 18, 2014  
**Program Hours:** 7:30am – 6pm  
**Fee** $26
SUMMER DAY CAMPS!!

The Danny G. McBeth Recreation Center is proud to offer adapted summer camps to youth ages 6 to 22 years with varying abilities. Summer Camp begins Monday, June 16th. Camp sessions are offered by the week. The last day of camp will be August 22, 2014.

Full day camp ($130/week) begins at 7:30am and ends at 5:55pm. There is a 5 minute grace period for late pick ups due to unexpected traffic or other unforeseen problems. Please call the recreation center if you believe that you will be running late.

Half day camp is also available for $70/week, held from 7:45am to 12:45pm.

Spring Break Camp 2014
Monday, March 10th-14th
Registration for Spring Break Camp will begin Monday, January 6th.

Full payment is required at time of registration. Space is limited.

Join us for Spring Break Camp and plan to have fun no matter what the weather brings. This camp is designed to provide campers with fun and exploration in a supervised and structured environment. Each camper is required to bring a lunch and two snacks daily. This is not a drop-in program and a minimum of 8 registered participants are required in order to conduct this program.

Program Hours: 7:30am – 6pm
Dates: 3/10 through 3/14
Fee: $130
Ages: 6-22 years
Adult Program Goals:
The Austin Parks and Recreation Department wants to increase awareness of and promote regular participation in health & physical fitness activities. At the end of the program, participants will be able to demonstrate proper technique in all required elements.

Enrichment

GNAC: Good Neighbor Adventure Club

GNAC is a daily recreational program for adults with intellectual and physical disabilities. The program provides an opportunity to recreate with peers in a group setting while focusing on social interactions and fostering independence. Activities are adapted based on abilities in an age appropriate manner. Participants may sign up for 1 day or multiple days per week. Call for program criteria and day availability. Additional registration forms are required.

Program hours: 9am-2:30pm, Monday-Friday
In 2014, GNAC will not meet on:
1/20, 2/17, 5/26, 7/4, 9/1, 11/11, 11/26-11/28
and During the Christmas Holidays TBA
Program will also be closed during our annual Maintenance Week; 3/17 -3/21
Fee: $15 per day
Ages: 18 years and older that meet criteria

Mondays ~ Variety Night

Join your friends for games, crafts, birthday/bingo, and Wii Sports challenge. Will not meet on 1/20, 2/17, 5/26, or 9/1

Program Hours: 6:30pm-8pm
Fee: $2 each Monday
Ages: 18 years and older

Wednesdays ~ Friendship Café

Join us for an evening of friends and healthy recipes. Each week participants will prepare a new recipe. Participants should be able to follow simple directions and know basic kitchen safety. Space is limited to 14 participants so pre-registration is recommended.

Program each Wednesday
6:30pm-8pm
Fee: $4 each Wednesday
Ages: 18 years and older

Fridays ~

Helping Hands Service Group

Join the Helping Hands Service Group and give back to the city of Austin. We will be serving at various organizations around the city. Our goals are to work hard, give back to our community and, of course, have fun! Due to the nature of the program, participants should be self-sufficient in feeding, toileting, and mobility, able to stand for at least 30 minutes at one time and be able to lift 5-10lbs of weight.

Program each Friday
9am-12pm
Fee: $15
Ages: 18 years and older
Adult Program Goals:
The goal of the staff is to provide a variety of meaningful recreation experiences that will enhance quality of life. Staff to participant ratios vary from 1:4 to 1:15 depending on the type of program & special needs of the participants. City of Austin PARD Programs, activities and day camps are designed for group interaction and enrichment, therefore, those participants requiring 1:1 assistance more than 50% of the time or are unable to meet our code of conduct and/or level of care policy, may provide, at their own cost, an attendant without being charged additional program fees. The attendant must meet approval of both the care giver and the Site Manager. Personal care is not provided in Adult Programs.

**Tuesday ~**
**Rock the Boat**
Be introduced to kayaking and canoeing on Beautiful Lady Bird Lake through this joint program with the Texas Rowing Center. This program is limited to 10 people per session so sign up early. **Pre-registration is required** for each session and is available at McBeth Recreation Center only. Always check with your doctor before beginning any new exercise. Wear appropriate clothing for the weather.

**Program Hours:** 1pm-2:30pm  
**Dates:** 3/18 through 4/29  
**Fee:** Free  
**Ages:** 16 years and older

**Thursday ~**
**Outdoor Adventure Club**
Come join in the fun and excitement of Outdoor Adventure Club. Joining this outdoor education class is an excellent way to exercise, learn and have fun at the same time. Due to the nature of the program, participants should not have any problems traversing rough terrain. All participants should wear appropriate clothing for outdoor use and closed-toed shoes.

**Program Hours:** 3pm-4:30pm  
**Dates:** 3/27 through 5/15  
**Fee:** $15  
**Ages:** 18 years and older
Adult Programs

Adult Program Goals:
The Austin Parks and Recreation Department wants to increase awareness of and promote regular participation in health & physical fitness activities. At the end of the program, participants will be able to demonstrate proper technique in all required elements.

Dance and Fitness

Wednesday ~
Modern Dance
(Wings II)

Class size is limited. Get Moving! Create, express, and collaborate in this modern dance class taught by dance education specialist, Michele Owens. Michele is the Director of Wings Dance Company. Register for this highly popular program at the McBeth Recreation Center.

Dates: Wednesdays
1/8 through 4/23
Program Hours:
11:15am-12pm
Fee: Free but you must register.
Ages: 18 years & older

Recreational Bowling
Fridays at Dart Bowl -- 5700 Grover

Enjoy an afternoon of bowling and fun with friends out in the community.

Pre-registration is required. You must mail or deliver the $5/mo. registration fee and enrollment form to McBeth Recreation Center prior to attending this program.

Dates: Fridays
1/3 through 5/16
Program Hours:
4pm-6pm
Fee: $5 per month paid to McBeth PLUS $2.25 each game paid directly to the bowling alley
Ages: 16 years & older

Saturday ~
Monthly Dances

Come spend time dancing and jamming to your favorite tunes the third Saturday of each month. Enjoy a free snack and spending time with your friends. The Friends of McBeth provide additional concessions at a low cost with proceeds going toward camp scholarships and program enhancements.

3rd Saturday of month
Dances will be held on 1/18, 2/15, 3/15, 4/19, 5/17
Program Hours:
7pm-9pm
Fee $2 per person (staff/caregiver free)
Ages: 18 years & older

**Pictures will be made at the February Dance, Please dress up for pictures and be prepared to purchase your “Sweetheart” photos at a low cost.
UPCOMING SPORTS

Contact the coach for detailed information. Most practices are at off-site locations.

Basketball begins
Dec. 3, 2013
South Austin Recreation Center on Tuesdays from 10-11:30am

Dittmar Recreation Center on Fridays from 5:30-7pm
Coaches: Laurel Heizelman and Michael Zavala

Tennis begins in February 26th, 5pm-6pm
Coaches: Laurel Heizelman and Kimberly Carroll-Flores

Cycling begins in February
Coaches: Sara Jones and Michael Zavala

Softball begins Mondays, May 5, 2014 from 5:45-7:15pm at Krieg Fields on Pleasant Valley Rd.
Austin Parks & Recreation Adaptive Sports
Annual Sports Awards Ceremony

If you were an athlete, coach, volunteer, or family member that competed or was involved with Austin Parks & Recreation Delegation 13 in 2013, please join us as we celebrate our successes!

Cake and Ice Cream will be provided and trophies will be given to athletes in attendance.

Saturday, March 15, 2014 at The McBeth Recreation Center
5:00-6:30 PM Please RSVP

Art in the Park
Friday, April 4th, 2014 9:30 am—1:30 pm

Art in the Park is an opportunity for people of all ages with disabilities to express creativity through music & hands on projects. Individuals, groups, and schools are welcome. Registration begins January 6th. Please register in advance for Art in the Park at McBeth Recreation Center 974-9011

Zilker Park Jazzercise
The original dance exercise phenomenon! Each 60 minute class offers a blend of jazz dance and exercise science set to your favorite music - Top 40, jazz, country, funk and classics. Easy-to-follow, fun choreography includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale. For more information on these classes call 799-7879.

Monday, Wednesday 9:30am, 5:30pm
Tuesday, Thursday 8:30am, 6:00pm
Friday 9:30am
Saturdays 9am
Volunteer at McBeth

McBeth Recreation Center offers opportunities for leisure experiences and development for individuals with physical, emotional, learning, and developmental disabilities. Our programs are designed to enhance the social, cognitive, and physical abilities of our adult and youth participants. AND WE NEED YOUR HELP! Volunteers must attend a volunteer orientation prior to his/her start. Call us at 512-974-9011 to schedule your orientation.

Internships and Fieldwork Placements

McBeth Recreation Center provides opportunities for interns and fieldwork students enrolled in either a graduate or undergraduate degree program at an accredited university majoring in Therapeutic Recreation, Adaptive PE, Kinesiology, or other related fields. Students will facilitate activities for people with disabilities in various programs in inclusive and adapted settings. Our internship meets requirements for students planning to become a Certified Therapeutic Recreation Specialist. All potential interns and fieldwork student must complete an application process in order to be considered for placement in our program. Contact Amy Collins at 512-974-9011 or Amy.Collins@austintexas.gov for further information.

Have your next get together at McBeth Recreation Center

McBeth Recreation Center is available for rentals during non-operating hours. A minimum of four (4) hours are required to rent an area at McBeth Recreation Center. All rentals must be approved and a refundable deposit made to secure a reservation. For more information or reservations, contact center staff at (512) 974-9011.
Registration Procedures

Walk-in registrations are accepted on a first come, first served basis. Full payment is required for official registration (unless otherwise indicated). The front desk accepts registration Monday through Friday 9am-6pm.

Registration Fees

All class fees are due at registration time. Fees may be paid with cash, money orders, credit cards (in person only) or checks. A valid driver’s license/ID is required when paying by check or credit.

McBeth Recreation Center
2401 Columbus Dr.
**A. Participant (youth participants are not required to complete the email and phone numbers within box A)**

Name: ________________________________________________

Birth Date: ___________ Age: __________ Gender: □ M □ F

Mailing Address: ___________________________________________ Zip: __________

Email: _________________________________________________

Home Phone: ___________ Cell Phone: ___________ Work Phone: ___________

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**B. 1st Guardian/Emergency Contact [Authorized to update waiver? (Yes) No]**

Name: ________________________________________________

Mailing Address: ___________________________________________ Zip: __________

Home Phone: ___________ Cell Phone: ___________ Work Phone: ___________

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**C. 2nd Guardian/Emergency Contact [Authorized to update waiver? (Yes) No]**

Name: ________________________________________________

Mailing Address: ___________________________________________ Zip: __________

Home Phone: ___________ Cell Phone: ___________ Work Phone: ___________

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**D. Emergency & Non-Custodial Release Contacts Other Than Guardians (Please list contact persons in order of priority)**

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<thead>
<tr>
<th>Name</th>
<th>Home Phone</th>
<th>Work Phone</th>
<th>Cell Phone</th>
<th>Relationship to Child</th>
<th>Authorized to Pick Up Child?</th>
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**E. Medical Care Information**

1. Are there any known allergies to food/dairy, insect sting, poison ivy/other plants, etc.? (Yes) (No) Please Specify: ______________________

2. Are there any known existing illnesses? (Yes) (No) Please Specify: ______________________

3. Please list any physical condition that could restrict activities or have a need requiring special care in order to participate in the program/activity. ______________________

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**For Youth and Children Only**

Does Participant require prescription medication during program hours? Program must exceed 1 hour. (Yes) (No) If yes, please complete a Medication Authorization form.

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**Image Release Waiver**

I hereby consent to allow usage of photographs and video taken during this program and at our sites for publicity purposes in printed materials, and on our website. Photographs remain the property of the City of Austin Parks and Recreation Department. If you do not want to allow photos or videos, then please initial. (opt out)________

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**Standards of Care Notification**

Children’s programs/activities supervised by Parks and Recreation Department and requiring enrollment/registration in order to participate are not licensed by the state, but follow standards of care adopted in the City of Austin Ordinance No. 20110324-050. A copy is available and posted at each site.

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**Release of Liability**

In consideration of participant being allowed to participate in the registered class(es) or program(s), the undersigned hereby releases the City, its employees and agents, from any action, claim or demand for personal injury or property loss arising from or due to any negligent act or omission of the City, its agents or employees. This release shall have no effect with regard to damages caused by the City’s gross negligence. In the event the City or a volunteer provides transportation for the registered participant, this waiver and release shall extend to and release the City employee driver from any and all liability. Permission is given for any emergency medical treatment, operation or anesthesia which might become necessary. I agree to be responsible for the expense of medical treatment or service.

Signature: ___________________________ Please Print Name: ___________________________ Date: ___________________________
Participant's Name:

Site Specific Questions
Are you or your spouse a City of Austin employee?  {Yes_______}  {No_______}
Would you like to receive updates by email?  {Yes_______}  {No_______}
If applicable: T-Shirt Size: Youth XS  Youth S  Youth M  Youth L  Adult S  Adult M  Adult L  Adult XL  Other:________
What school does your child attend?________________________
Are you interested in becoming a volunteer coach?  {Yes_______}  {No_______}
If applicable, Volunteer Coach T-shirt Size:______________________________________

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<th>Registration Function Class / Camp / Activity Title</th>
<th>Times AM/PM?</th>
<th>Class Dates</th>
<th>Class Fee</th>
<th>Deposit</th>
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<th>Cash / Check Number / CC ID &amp; Auth Receipt Number</th>
<th>Date/Time Staff Initials</th>
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SWIM LESSONS/WATER FITNESS/ADULT SWIM TEAM (only complete for Aquatic Program Registration):

1st choice:  Session:________  Pool:________  Level:________  Time:________  Dates:________  Fee:$_
2nd choice:  Session:________  Pool:________  Level:________  Time:________  Dates:________  Fee:$_
3rd choice:  Session:________  Pool:________  Level:________  Time:________  Dates:________  Fee:$_

REFUND POLICY. Refund policies are program specific. Please refer to the refund policy of the program that you are registering for.
Austin Parks and Recreation
The purpose of the Austin Parks and Recreation Department is to provide, protect, and preserve a park system that promotes quality recreational, cultural and outdoor experiences for the Austin Community.

Persons with Disabilities
The City of Austin is committed to complying with the Americans with Disability Act. Individuals with disabilities are encouraged to participate in the McBeth Recreation Center programs. You may request special accommodations to facilitate participation and inclusion in these programs. Reasonable modifications and equal access to communications will be provided upon request. Call (512) 974-9011.

City of Austin Ordinance
Standards of Care for Children’s Programs. Children’s programs/activities supervised by the Parks and Recreation Department and requiring enrollment/registration in order to participate are not licensed by the state, but follow local standards of care as adopted. A copy of the ordinance is available and posted at each site. 20130822-121

Photo Policy
The Parks and Recreation Department regularly takes photos of participants in our classes, special events and other activities. The photos are for department use and may be used in presentations, brochures, flyers, public service announcements and other media uses. If you do not wish to have your picture taken please tell the photographer.