

These sports, recreation and leisure programs are designed to improve overall health and wellness, increase physical activity level, socialization opportunities and independence. The programs are planned, coordinated and provided by Turnstone's ID Recreation Coordinator Rebekah Worpell, a Certified Therapeutic Recreation Specialist.

Anyone with an intellectual or developmental disability is welcome to be involved; including anyone who is not a Turnstone client. All programs are adaptable to individuals at any skill level. Family members or caregivers are always welcome to attend programs with a participant. If participant need extra assistance please bring another person to help assist in programming.

At your initial visit on becoming an active participant, you will be asked to complete an intake form. You **MUST** complete this form in order to participate in programs here at Turnstone.

To register for a program, you MUST contact Turnstone's receptionist by visiting them at one of our main desks (Peds, ADS, or Plassman) or by calling the main number at 260-483-2100 .Payment is due upon registration.

For more information, contact Rebekah Worpell at rebekah@turnstone.org or call (260) 969-7678.

Coming up at Turnstone:

Junior Nationals July 22st-27th

For more information check out our website:

[www.turnstone.org](http://www.turnstone.org)

Turnstone will be closed 7/4 and 9/3, 8/1-8/13 the field house will be closed but other programs will continue.

## Martial Arts

Everybody loves Kung Foo Fighting! Course will be lead by Sifu Jason Goree. He is a certified fifth degree black belt in Kung Fu and has been teaching for over 20 years. This week course will focus on building foundational skills needed for this Chinese Martial Art (Shaolin Kung-Fu). Participants of all skill levels are welcome!

Course #	Date/Day	Time	Age	Fee
318ID-02	8/10-9/7 Fri	4:00-5:00pm	12-18	\$35

**Location:** Large Group Exercise room, Plassman Athletic Center at Turnstone.

\*Please bring non revealing workout clothes

## Open Cycling

Whether you have an opening in your schedule, or just want to come increase your heartrate by riding our bikes around the track, this program may be for you! New participants must schedule an appointment to determine the appropriate bike, and all participants must call in advance to participate. You may come as often as you want during the times below for only \$20 a month, but swipe your key tag at each visit.

### Cycling Membership

Date/Day	Time	Age	Fee
7/3-9/25Tues	9:00-11:00am	Any	\$20/month
7/5-9/27Thurs	1:00-3:00pm	Any	

**Location:** Track, Plassman Athletic Center at Turnstone.

THERE WILL NOT BE PROGRAMMING DURING JUNIOR NATIONALS July 22nd-27th!

## Healthy Family Meals

Rebekah will be teaching everyone how to make a healthy and delicious meal that the whole family will enjoy! This course will also include a recipe book to help you and your family enjoy healthy meals all month long!

Course #	Date/Day	Time	Age	Fee
318ID-03	7/10	6:00-7:30pm	Any	\$8

**Location:** ADS Recreation Room at Turnstone

## Color Me Calm

Come to Turnstone to unwind your mind! These sessions will be a time to relax, tune in to your creativity and meet new people.

Course #	Date/Day	Time	Age	Fee
318ID-15	7/13 Fri	1:00-2:00pm	8-13	\$8

**Location:** Large group exercise room, Plassman Athletic Center at Turnstone

Underwritten by:



Think differently about disabilities.

### Youth and Young Adult Dance Camp

This program is designed to promote creativity and health and wellness through a partnership with the Fort Wayne Dance Collective and the AWS Foundation. The instructor, Jordyn Rigler, empowers students while exploring movement and music.

Course #	Date/Day	Time	Age	Fee
<b>Youth</b>				
318ID-04	7/9 -7/13	M-F 3:00-4:00pm	8-15	Free
<b>Young Adult</b>				
318ID-05	7/9 -7/10	M-F 4:00-5:00pm	16+	Free
<b>Location:</b> Large group exercise room, Plassman Athletic Center at Turnstone.				

### Turnstone Youth and Young Adult Bowling Club

Join us at Crazy pins for the first official Turnstone Bowling Club! This club will be meeting at crazy pins once a month. Shoes and game are included!

Course #	Date/Day	Time	Age	Fee
318ID-06	Wed, 8/15, 9/19	3:00-5:00pm	8-15	\$10
318ID-07	Tues 8/14 9/18	3:00-5:00pm	16+	\$10
<b>Location:</b> Crazy Pins Bowling				

### End of Summer Bash

Celebrate the end of summer with all your friends! We will have a DJ, food, pictures, and flowers available for everyone. Bring your friends and dancing shoes! You must register in advance for this event.

Course #	Date/Day	Time	Age	Fee
318ID-08	8/17	Fri 6:00-8:00pm	18+	Free
<b>Location:</b> Mezzanine at Turnstone				

### R.E.S.P.E.C.T ( Let's Talk About It)

Amy Hanna (director and co founder )and counselors from RESPECT Team will be offering a session for clients, and a separate session for care givers with a focus on Healthy Boundaries in Relationships (being respectful of self and others,

Course #	Date/Day	Time	Age	Fee
<b>Client Session</b>				
318ID-09	8/17	Fri 5:00-6:00pm	18+	Free
<b>Care Givers/Parents/Therapists</b>				
318ID-10	8/17	Fri 7:00-7:30pm	Any	Free
* Clients under 18 must have a parent/guardian signature to participate!				

### Tincaps Game

Thanks to our partnership with Tincaps Care , Turnstone clients are able to enjoy a relaxing day at the ball park! Clients will watch the Tincaps play head to head versus Dayton Dragons.

Course #	Date/Day	Time	Age	Fee
318ID-11	8/1	Wed 7:00pm	Any	Free
<b>Location:</b> Parkview Field.				
Register by 7/25				

### Unified Fitness Club with Special Olympics

Maintain your fitness goals with the Unified Fitness Club. This is a group that focuses on having fun while being physically active. This group will also focus on proper nutrition, hydration and building healthier habits.

Course #	Date/Day	Time	Age	Fee
318ID-12	9/6 -9/27	Thurs 6:00-7:00pm	8+	Free
<b>Location:</b> Goalball Center of Excellence Gym at Turnstone.				
*Note: Please bring attire that is appropriate for being physically active and that is not revealing.				

Underwritten by:

## Water Color

Come learn to paint water color with friends! Enjoy making your own masterpiece and hanging out with new and old friends!

Course #	Date/Day	Time	Age	Fee
318ID-13	8/24 Fri	6:00pm-7:00pm	12-18	\$8

**Location:** The mezzanine , Plasssman Athletic Center at Turnstone

## Swimming

Northside Park Swimming Pool has a swim night dedicated to individuals with disabilities. Please check in before entering the pool. A parent must accompany each child in the water. No registration required; however, to learn more contact the parks department at 260-427-6705.

Day	Time	Age	Fee
Mon	5:15-6:15p.m.	12-18	Free

\*Starts weekly on June 4

## Lap Club

Ripple some waves with youth that are wanting to enhance independence and function in an aquatic environment with the support and encouragement from peers. Participants are divided into groups based off of their age and skill level.

Date	Day	Time	Age	Fee
7/31-9/11	Tues	4:15-5:00p.m.	1-5	\$50

Course: 318HW-03

9/25-11/6	Tues	4:15-5:00 p.m.	1-5	\$50
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Course: 318HW-04

Please contact Joe Guise for additional information at 483-2100 ext. 340.

Location: Turnstone Therapy Pool

7/16-8/27	Mon	5:00-6:00p.m.	5-18	\$50
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Course: 318HW-01

9/10-10/22	Mon	5:00-6:00p.m.	5-18	\$50
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Course: 318HW-02

Please contact Kelsey Church for additional information at 483-2100 ext. 352.

Location: Plassman Athletic Center Pool

## Mindful Mini's

School is back in session. Mindful minis sessions will teach youth how to reduce stress through movement, breathing, , tapping, aromatherapy and meditation. Each session will focus on a different technique.

Course #	Date/Day	Time	Age	Fee
318ID-14	9/4-9/25 Tues	5:15-5:45pm	12- 18	\$20

**Location:** Large group exercise room, Plasssman Athletic Center at Turnstone