

# Adaptive Programs

The Pleasant Valley Recreation and Park District provides a variety of programs, activities, and classes for all members of our community; including children, teens and adults with special needs. Parents wishing to enroll their special needs child in any of the District's programs, activities and classes should make sure to complete the "Notes" section of the Registration Form where requests for special accommodations can be made. Those parents that complete this section will be contacted by District staff so reasonable requests can be made to accommodate the inclusion of their special needs child. Because of the limited staff ratio, it is usually required that a child with special needs be accompanied by an aide or caregiver, depending on the severity of their disability.

## VIP T-Ball

**Saturday**

**Age: 6+**

The fundamentals of t-ball will be taught in a fun and non-competitive environment. Teamwork, hand-eye coordination, base running, catching, throwing, fielding and knowledge of the rules will be emphasized. Participants receive a t-shirt and certificate. **Volunteer Coach:** John Campbell. **Location:** Pitt's Ranch Ball Field at 1400 Flynn Road.

**Class#..... Time..... Date..... Cost**  
3262.200... 9:00-10:30am.....4/10-6/12 ..... \$25

## All About Touch

**Wednesday**

**Age: 4-8**

These activities will help your child experience all of their senses. Activities will be hands on and require a parent or aide involvement. **Instructor:** PVRPD Staff. **Location:** Dos Caminos Center.

**Class#..... Time..... Date..... Cost**  
3232.202.... 3:30-4:30pm.....4/7-4/28 ..... \$25  
3232.203.... 3:30-4:30pm.....5/5-5/26 ..... \$25

## Friday Night Dances

**6:30-8:30pm**

**April 16 & June 18**

Join us for an evening of dancing and refreshments. Music provided by DJ Ed Soria. Cookies and punch will be served. There is a \$3 cost per person for entry (parents and care providers receive free entry.) All dances are held in the Community Center Auditorium located at 1605 E. Burnley Street, Camarillo and are staffed by District employees.

## Water Fitness for Developmentally Disabled Individuals

**Thursday**

**Age 13+**

This class is geared toward high-functioning individuals with intellectual or developmental disabilities. Enjoy a low-impact aerobic workout taught by an instructor. Classes are small so individual goals can be emphasized; whether it is weight loss, improving range of motion, or general well being. This class may help you achieve your fitness goals with aqua jogging, kicking, and basic aqua aerobics exercises. Proper bathing suit attire is required. Prerequisites: Must be able to swim the length of the pool and work in a group.

**Class #..... Time..... Date..... Cos**  
8002.515.....12:15-1pm .....4/1-4/22 ..... \$20  
8002.516.....1:15-2pm .....4/1-4/22 ..... \$20

8002.517.....12:15-1pm .....5/6-5/27 ..... \$20  
8002.518.....1:15-2pm .....5/6-5/27 ..... \$20

## Private Swimming Lessons

Lessons are offered year round on Saturday mornings for four weeks at a time. View a complete list of our swim lessons in the Aquatics Section. If a class is full, please add your name to the waiting list.

## Volunteers and Instructors Needed

**Interested in teaching a class or volunteering to assist a program? Visit our website to download an application and return to:**

**Adaptive Programs  
1605 E. Burnley Street  
Camarillo, CA 93010  
Phone: 482-1996 ext. 18  
Email: jeri@pvrpd.org**

## RLF Publishing

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