

MISSION STATEMENT:

The EXPLORE program is designed to meet the needs of individuals with intellectual and physical disabilities. We utilize community resources in a therapeutic manner to expand one's leisure and recreational knowledge. In an effort to meet these needs, we encourage as much integration in Recreation Center programs as possible.



2018-2019

Providing recreational programs for individuals with disabilities



Hoover Recreation Center

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Hoover Recreation Center Hours of Operation

Monday – Thursday	5:00 am – 9:30 pm
Friday	5:00 am – 9:00 pm
Saturday	8:00 am – 6:00 pm
Sunday	1:00 pm – 6:00 pm

Membership and fees:

Therapeutic Recreation Programs are fee based programs. All EXPLORE participants are required to have a Program Pass to the Recreation Center. A program pass is \$25/year. Membership prices and monthly fees vary.



Connect with us!

[www.hooveralabama.gov/
parksandrecreation](http://www.hooveralabama.gov/parksandrecreation)

Leisure Lifestyles:

This program focuses on learning and practicing life skills, money management, social skills and identifying general leisure and recreation interests. Activities may be set up to address specific areas such as bowling, exercise, arts and crafts, and community outings. Open to participants who are no longer enrolled in school.

Meets Mondays and Wednesdays



Team Sports:

Team Sports is a program for teenagers and adults with disabilities that focuses specifically on athletic skill development. Participants are introduced to a wide variety of sports and learn to work as part of a team. Athletes will have the opportunity to participate in games as well as tournaments if they choose. This program meets at the Hoover Recreation Center.

Meets Mondays and Wednesdays

Healthy Habits:

This program takes place during the summer and focuses on making healthy food and lifestyle choices. Activities include various fitness skills, grocery shopping and cooking. Program is open to high school students and adults.

Meets Mondays and Wednesdays
(Summer)

PROGRAMS

REACT:

The Responsible, Energetic, Activities that Challenge Teenagers (R.E.A.C.T) program is an after school program for high school students with disabilities that focuses on developing skills in areas that challenge teenagers today. Group games and activities are designed to focus on social skills, money management skills, leisure education, socialization, creativity, and physical activity.

Meets Tuesdays and Thursdays

Archery:

Our Beginner Archery classes for individuals with disabilities provides participants with the opportunity to improve physical strength and hand-eye coordination. Participants may have the opportunity to display their skills by participating in archery tournaments.

Meets Wednesdays



Other Programs:

Camp ASCCA
ARPA Spring Camporee
Trips
Swim Meets
Special Olympic State Games
Adaptive Swim Lessons

Hoover Hurricanes Swim Team:

This program is for individuals with disabilities who have the ability to swim one length of the pool and are interested in improving technique and endurance. Swimmers practice twice a week to develop breathing techniques and improve swim strokes. Participants in this program have the opportunity to compete in a variety of swim meets including, but not limited to, the Hoover Invitational Swim Meet and Special Olympics State Games. This program is open to swimmers of all ages.

Meets Monday- Thursday



CORE:

Community Outings with Recreational Experiences (C.O.R.E.) focuses on developing time management, money management, and decision making skills. The ultimate goal for participants is independence. C.O.R.E is open to high school students and young adults participating in our other programs.

Meets throughout the year