

Recreation Equality for All the Community's Handicapped

www.gvrdspecialservices.org

REACH Programs are designed for adults & teens living with developmental disabilities.

The Greater Vallejo Recreation District is dedicated to providing recreation & leisure activities for all of Vallejo.



Our Therapeutic Recreation Programs were developed to help those living with developmental disabilities enjoy a full range of leisure opportunities. Classes & social events are supervised by GVRD recreation staff members who are certified in CPR and First Aid. Staff can assist with enrollment prior to the start of programs. Each client is required to have a caregiver on site during every activity. You may obtain a waiver & registration form at the REACH office in the Vallejo Community Center - 225 Amador Street. For further information or assistance please contact Michelle Coragliotti at 648-5317 or mcoragliotti@gvrdd.org.

Holidays (no class): September 6th, November 11th, October 11th

7-WEEK SESSION CLASSES

REACHERCIZE • Ages 13 & up

This program combines stretching, isometric, and low impact aerobics that provide a good all-around workout. We begin with stretches, and then do cardio exercises to music. Join the fun! Meets at the Vallejo Community Center.

Cost: \$8, no fee for caregivers

Session 5: Aug 16 - Sept 27 Monday, 10:15-11:00 am

Session 6: Oct 18 - Nov 22 Monday, 10:15-11:00 am

SPORTS & GAMES • Ages 13 & up

Join the REACH staff for fun and skill building with non-competitive sports and games. Play basketball, Frisbee, baseball, and many more. We love to try new sports and games. Meets at the Vallejo Community Center.

Cost: \$8, no fee for caregivers

Session 5: Aug 16 - Sept 27 Monday, 11:15-12:00 pm

Session 6: Oct 18 - Nov 22 Monday, 11:15-12:00 pm

EXPRESSIVE ARTS • Ages 13 & up

Get creative! Each week we explore a different craft project. Listen to music and express yourself through art. Meets at the Vallejo Community Center.

Cost: \$10, no fee for caregivers

Session 5: Aug 17 - Sept 28 Tuesday, 10:00-11:00 am

Session 6: Oct 12 - Nov 23 Tuesday, 10:00-11:00 am

MONTHLY EVENTS

REACH BINGO • Prizes, People, Fun!

Practice your numbers and go home with a prize! Our Bingo Group meets the first Thursday of each month, 10:30-11:30am at the Vallejo Community Center.

Cost: \$2/day

ANNUAL EVENTS

Halloween Dance & Costume Party

October 28 • 11 am to 1 pm

Come join us for our second annual day of costumes, music (LIVE DJ!), dance & snacks! The dance will be held at the Vallejo Community Center.

Cost: \$3, no fee for caregivers

Christmas Dance

December 9 • 11 am to 1 pm

Join us to celebrate the holiday season with a LIVE DJ, Snacks & FUN!! Santa may even drop by with gifts & the dance will be held at the Vallejo Community Center, 225 Amador St.

Cost: \$4, no fee for caregivers

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