



Norwalk
Adaptive
Recreation

Recreation and Park Services Department

CLASS
After School

Suggested ages: 6-22

PARENT NIGHT

Cultural Arts Center, 13200 Clarkdale Ave.

June 20, 2019

6:00-6:30 p.m.

Come and meet our staff, share information, hear about upcoming events/programs, and enjoy yummy refreshments.

CLASS

AGE	DAY	DATE	TIME	FEE
6-22	M-F	Apr 1-26	3:30-5:30 p.m.	\$30
6-22	M-F	Apr 29-May 31 (No class May 27)	3:30-5:30 p.m.	\$30

Register online

<https://apm.activecommunities.com/norwalkrec>

REMINDERS

* If you need to cancel, please notify us three (3) days in advance.

* Everyone in attendance who will be participating in the activity will need to pay the program fee.

Registration is accepted at the Norwalk Arts & Sports Complex (NASC), 13000 Clarkdale Ave. (562) 929-5566.

For more information, please call (562) 929-5922.

Level 1: acceptable for all levels of physical abilities
Level 2: some walking/moving required
Level 3: advanced physical activity

Team Norwalk
Special Olympics Track & Field practice:

Wednesdays • 5:30-6:30 p.m.
at Gerdes Park (14700 Gridley Rd.)

Saturdays • 9:00-10:30 a.m.
at Excelsior High School Track (15711 Pioneer Blvd.)

APRIL 2019

These programs are specifically designed for children, teens and adults with disabilities.

Suggested ages: 13+

HEART

Adaptive Recreation

Dinner & Movie



Thursday, April 4
5:30-9:00 p.m.

Meet at RC Burgers at the Norwalk Town Square (14041 Pioneer Blvd.). Bring \$12 for dinner and movie ticket. Movie will be selected by Tuesday, April 2. Call (562) 929-5922 for more details. Register at the NASC by Thursday, March 28.

Level: 1

Out N About at Downtown Disney

Friday, April 5
5:30-8:30 p.m.

\$3 per person

Come join us for a fun-filled evening at Downtown Disney in Anaheim as we enjoy walking, dining and shopping. Meet at Gerdes Park (14700 Gridley Rd.). Register at the NASC by Friday, March 22.

Level: 2-3

Museums of Illusions in Hollywood

Saturday, April 6
1:00-5:00 p.m.

\$25 per person

Step into Hollywood's famous Museum of Illusions. Experience unique art and photo optical illusions with your friends! Meet at Gerdes Park (14700 Gridley Rd.). Please bring additional money for food. Register at the NASC by Saturday, March 23.

Level: 2-3

Vision Board Art Night at the Cultural Arts Center

\$8 per person

Thursday, April 11
6:00-8:00 p.m.

Bring out your inner artist as we create a vision board with a collage of images, affirmations and goals. All craft supplies will be provided. Light refreshments will also be included. Meet at the CAC (13200 Clarkdale Ave.). Register at the NASC by Thursday, March 28.

Level: 1

Kickball Night & Nachos

Thursday, April 18
6:00-8:00 p.m.

\$7 per person

Come break a sweat as we compete in a kickball tournament and enjoy some delicious nachos with your friends. Meet at Gerdes Park (14700 Gridley Rd.). Register at the NASC by Thursday, April 4.

Level: 2-3

Dinner with Friends

Friday, April 19
6:00-9:00 p.m.

\$3 per person

Good food and funny conversations are the fondest memories of a dinner party. Come join us as we eat at El Torito. Meet at Gerdes Park (14700 Gridley Rd.). Bring additional money for food. Register at the NASC by Friday, April 5.

Level: 2-3

Bake Masters & Games

Thursday, April 25
6:00-8:00 p.m.

\$8 per person

Sugar, spice and everything nice! Show us your culinary skills. Be prepared to get your hands dirty as we bake a variety of treats. Meet at Gerdes Park (14700 Gridley Rd.). Register at the NASC by Thursday, April 11.

Level: 1