



Norwalk  
Adaptive  
Recreation

Recreation and Park Services Department

**CLASS**  
After School

Suggested ages: 6-22

**PARENT NIGHT**

Cultural Arts Center, 13200 Clarkdale Ave.  
March 28, 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	Mar 4-29	3:30-5:30 p.m.	\$30
6-22	M-F	Apr 1-26	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.)

**MARCH 2019**

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

Suggested ages: 13+

**HEART**  
Adaptive Recreation

Dinner & Movie



Thursday, March 7  
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, March 5. Call (562) 929-5922 for more details. Register at the NASC by Thursday, February 28.

Level: 1

Dinner with Friends

Friday, March 8  
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 Stacked. Meet at Gerdes Park (14700 Gridley Rd.). Register at the NASC by Friday, February 22.

Level: 2-3

St. Patrick's Dance & Potluck

Thursday, March 14  
6:00-8:00 p.m.

It's the luck of the Irish! Join us as we celebrate St. Patrick's Day with a fun dance potluck. Please bring a dish to feed 6-8 people. Meet at Gerdes Park (14700 Gridley Rd.). Register at the NASC by Thursday, February 28.

Level: 1

Adventure with Nature

Saturday, March 16  
11:30 a.m.-3:00 p.m.

\$5 per person

Are you ready to go and explore nature? Come join us as we visit a nearby garden and have a peaceful nature walk. Bring a sack lunch and plenty of water. Please come dressed in comfortable clothing and tennis shoes. Meet at Gerdes Park (14700 Gridley Rd.). Register at the NASC by Saturday, March 2.

Level: 2-3

Volleyball Night at Gerdes Park

Thursday, March 21  
6:00-8:00 p.m.

\$5 per person

Bump, set, and spike! Come show us your techniques on how you conquer the court. Please bring your own dinner to enjoy after the game. Meet at Gerdes Park (14700 Gridley Rd.). Register at the NASC by Thursday, March 7.

Level: 2-3

Chalk Art Night at the Cultural Arts Center

\$10 per person

Thursday, March 28  
6:00-8:00 p.m.

Bring out your inner artist as we learn to use different chalk techniques for a variety of art projects. 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 14.

Level: 1

Movie and Craft Day at Gerdes Park

Friday, March 29  
5:30-8:30 p.m.

\$7 per person

Join us for a fun-filled evening as we sit, relax, and enjoy a movie and create a craft with your friends. Meet at Gerdes Park (14700 Gridley Rd.). Register at the NASC by Friday, March 15.

Level: 1