



Norwalk  
Adaptive  
Recreation

Recreation and Park Services Department

**CLASS**  
After School

Suggested ages: 6-22

**PARENT NIGHT**

Gerdes Park, 14700 Gridley Rd.  
Thursday, September 26, 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	Sept 3-27	3:30-5:30 p.m.	\$30
6-22	M-F	Sept 30-Oct 25	3:30-5:30 p.m.	\$30

Register online

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

If you would like to be added to the mailing list please email us at: [AR@norwalkca.gov](mailto:AR@norwalkca.gov)

**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

**PLEASE NOTE:**

\*All activities are open to children/adults with developmental, physical, and/or learning disabilities unless noted otherwise.

\*Family members are not allowed to attend excursions with the participant.

**SEPTEMBER 2019**

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

Suggested ages: 13+

**HEART**  
Adaptive Recreation

**Dinner & Movie**

Thursday, September 5  
5:30-9:00 p.m.

Meet at RC Burgers at the Norwalk Town Square (14041 Pioneer Blvd.). Bring \$13 for dinner and movie ticket. Movie will be selected by Tuesday, September 3. Call (562) 929-5922 for more details. Register at the NASC by Thursday, August 29.

Level: 1

**Candle Making at CAC**

Thursday, September 12  
6:00-8:00 p.m.

\$10 per person

Enjoy a night of candle making at the Cultural Arts Center. All craft supplies will be provided. Light refreshments are also included. Meet at the CAC (13200 Clarkdale Ave.). Register at the NASC by Thursday, August 29.

Level: 1

**Fun Box in Los Angeles**

Saturday, September 14  
11:30 a.m.-4:30 p.m.

\$22 per person

Step into the Fun Box where each room sparks wonder and surprise. This 9,000 sq ft maze features unique pieces for you to explore. Meet at Gerdes Park (14700 Gridley Rd.). Please bring additional money for the snack bar. Register at the NASC by Saturday, August 31.

Level: 2

**Sports Night at Gerdes Park**

Thursday, September 19  
6:00-8:00 p.m.

\$5 per person

Put on your athletic shoes and get ready to play a few games of all your favorite sports including soccer, baseball, and volleyball. We will also be enjoying some delicious ice cream sundaes. Meet at Gerdes Park (14700 Gridley Rd.). Register at the NASC by Thursday, September 5.

Level: 2-3

**Dessert with Friends at Churroholic**

\$3 per person

Friday, September 20  
5:30-8:30 p.m.

Let's cool off at Churroholic and try some tasty churros with your favorite flavored ice cream. Meet at Gerdes Park (14700 Gridley Rd.). Bring additional money for food. Register at the NASC by Friday, September 6.

Level: 2-3

**BBQ Potluck Dance at Gerdes Park**

Thursday, September 26  
6:30-8:30 p.m.

Join us for a night of fun and dancing! Bring your favorite BBQ dish to feed 6-8 people. Meet at Gerdes Park (14700 Gridley Rd.). Register at the NASC by Thursday, September 12.

Level: 1

**Pizza Mania at Gerdes Park**

Friday, September 27  
6:00-8:00 p.m.

\$8 per person

Put on your chef hat and create your own personal pizza with all your favorite toppings. All supplies are included. Meet at Gerdes Park (14700 Gridley Rd.). Register at the NASC by Friday, September 13.

Level: 1