



Norwalk Adaptive Recreation

Recreation and Park Services Department

CLASS

After School

Suggested ages: 6-22

PARENT NIGHT

Norwalk Arts & Sports Complex, 13000 Clarkdale Ave.

Tuesday, December 3, 2019

6:30-7:00 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 30-Oct 25	3:30-5:30 p.m.	\$30
6-22	M-F	Oct 28-Nov 22	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

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.

OCTOBER 2019

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

Suggested ages: 13+

HEART

Adaptive Recreation

Dinner & Movie

Thursday, October 3
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, October 1. Call (562) 929-5922 for more details. Register at the NASC by Thursday, September 26.

Level: 1

Dinner with Friends

Friday, October 4
5:30-8:30 p.m.

\$3 per person

Come join us for an evening of dining and socializing with your friends. Be sure to bring your appetites as we go eat at Tacos Gavilan in Downey. Bring additional money for food. Meet at Gerdes Park (14700 Gridley Rd.). Register at the NASC by Friday, September 20.

Level: 1

National Cake Decorating Day

Thursday, October 10
6:00-8:00 p.m.

\$8 per person

Put on your baking mittens and get ready to create your own personal mini cake. All supplies will be included. Meet at Gerdes Park (14700 Gridley Rd.). Register at the NASC by Thursday, September 26.

Level: 1

Irvine Park Railroad Pumpkin Patch

\$3 per person

Saturday, October 12
10:00 a.m.-3:30 p.m.

Come join us for a fun day at the pumpkin patch. There will be pumpkins, rides, a petting zoo, and games. Meet at Gerdes Park (14700 Gridley Rd.). Bring additional money for food and activities. Register at the NASC by Saturday, September 28.

Level: 2-3

Pumpkin Ceramic Painting at the Cultural Arts Center

\$8 per person

Thursday, October 17
6:00-8:00 p.m.

Pick out your favorite pumpkin ceramic piece and paint brush as you enjoy a ceramic paint night at the CAC. Light refreshments will be included. Meet at the CAC (13200 Clarkdale Ave.). Register at the NASC by Thursday, October 3.

Level: 1

Board Game Night

Thursday, October 24
6:00-8:00 p.m.

Get ready for a night of fun! We will be playing a variety of board games including: Monopoly, Yahtzee, Trouble, and Guess Who? Please make sure to bring your own dinner. Meet at Gerdes Park (14700 Gridley Rd.). Register at the NASC by Thursday, October 10.

Level: 1

AR Halloween Dance

Friday, October 25
6:00-9:00 p.m.

\$14 per person

Calling all Ghosts & Goblins! Come join us for a spooky night dancing the night away. Wear your favorite costume to participate in the costume contest. Meet at the Sproul Reception Center (12239 Sproul St.). Register at the NASC by Friday, October 11.

Level: 1