

FRIDAY NIGHT RECREATION



Friday Night Recreation is a year round recreation program for Cole and adjacent County residents with mental and/or physical handicaps who are 15 years old or older. Family members and friends are welcome and encouraged to attend any of our activities.

Friday Night Recreation is co-sponsored by the Jefferson City Department of Parks and Recreation and Cole County Residential Services.

The program includes social, physical and creative activities and tries to fill the leisure needs of our participants. Dances, game nights, dinners, hayrides, bingo, movies, and nature activities are some of the events we offer.

Anyone wanting to participate must pre-register before attending any of the activities. Pre-registration consists of filling out the registration/application form and returning it to the Parks and Recreation office along with the registration fee. This form includes a parent/guardian release, a brief medical history, and emergency contact information.

Schedules and applications may be picked up at the Department of Parks & Recreation and Cole County Residential Services. For cancellations due to inclement weather, call the Parks and Recreation Hotline at 634-6485. For more information concerning Friday Night Recreation, call Parks & Recreation at 634-6482 or CCRSI at 634-4555.



Yearly Registration Fee Required for Friday Night Recreation

Participants wishing to enroll in Friday Night Recreation will need to pay a yearly fee to sign up for the program. The fee is \$10 for Cole County residents and \$20 for Boone, Callaway, Osage, Miller and Moniteau residents. Everyone signing up for the program will receive an ID card which he/she will need to bring to and wear at every activity.

<u>Activity Name</u>	<u>Activity #</u>	<u>Activity Fee</u>
Friday Night Recreation	200691-1	\$10 (Cole County residents)
Friday Night Recreation	200691-1	\$20 (Cole County non-residents)

Special Olympics

The Jefferson City Special Olympics Program is a year round sports training program for any Jefferson City resident sixteen years of age and older, having disabilities because of cognitive delays. Participation in Special Olympics provides people with mental retardation the opportunity to develop physical fitness, to gain self-confidence, build a more positive self-image and to form friendships with other Special Olympians.

Athletics begins in March and runs through May. Interested athletes can participate in running, walking, throwing, and jumping events as well as Bocce. The program culminates in a trip to Springfield.

Softball and golf take place May through August. Leagues range from tee-ball to highly competitive and accommodate all levels of play.

Bowling runs from September through November. Athletes can bowl on a team or individually. A special league is offered that utilizes a bowling ramp which makes the sport accessible to everyone.

Basketball is held from December through March. A number of teams are available which can accommodate the most competitive to those with significant challenges. A half-court league is offered for those that are not at the best levels of physical conditioning.

If you or someone you know is interested in participating in one, several, or all of our sporting events, you simply need to contact the Department of Parks and Recreation. Signing up consists of completing a form designating the sports in which you would like to participate, a medical information form and release form. For more information on how you can get someone involved, please contact Mike Bollinger at the Parks and Recreation Department, 634-6482.



Special Olympics
Missouri

