

# Berrytown Adaptive and Inclusive Recreation Center

1300 Heafer Rd 40223 • 502/244-5040 • airecreation@louisvilleky.gov

## FALL 2016

All programs are inclusive but for AIR programs, Staff is available to adapt and assist where needed.

### REALLY SPECIAL EVENTS

#### Glow-in-the-Dark Dance

Sat, September 17, 7-9 p.m.

Ages 18 and older. Call to register.

Fee: \$5

#### Halloween Dance

Sat, October 29, 7-9 p.m.

Ages 18 and older. Call to register.

Fee: \$5

#### Gobble Gobble Dance

Sat, November 19, 7-9 p.m.

Ages 18 and older.

Fee: \$5

### HEALTH & WELLNESS

#### Adult Pickle ball

Thu, September 1, 8, 15, 22, 29, October 6, 13, 20, 27, 7-8:45 p.m.

Ages 18 and older.

Fee: Free!

#### Intermediate Archery

Session 1: Thu, September 1, 8, 15, 22, 29, 1-2 p.m.

Session 2: Thu, October 13, 20, 27, November 3, 10, 17, 1-2 p.m.

Ages 18 and older. For those who have had a beginning class.

Fee: \$5 per session

#### Junior Mustang Wheelchair Basketball

Sat, September 3, 17, October 1, 8, 15, 22, 29, November 5, 12, 19, 26, 10-11:30 a.m.

Ages 17 and younger.

**FREE! Come Join the Team!**

#### Spokes and Spires Wheelchair Basketball

Sat, September 3, 10, 17, 24, October 1, 8, 15, 22, 29, November 5, 12, 19, 26, Noon-1:45 p.m.

Ages 18 and older

**FREE!**

#### Volleyball

Tue, September 6, 13, 20, 27, October 4, 11, 18, 25, November 1, 8, 15, 22, 6:30pm-8:45 p.m.

Ages 16 and older.

**FREE!**

All programs are inclusive. For Adaptive and Inclusive Recreation programming, staff is available to adapt and assist where needed. Most AIR programs are limited in size, so please call or visit the center early to reserve your place. If you make a cancellation less than 48 hours before the program you are still responsible for any class fees.

Adaptive and Inclusive Recreation program: 



#### CENTER HOURS

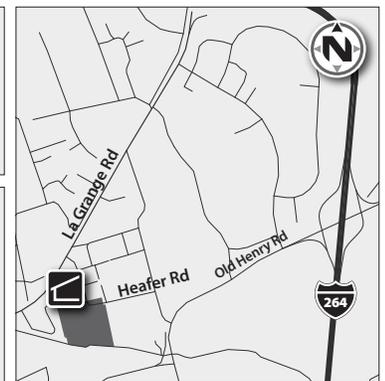
Monday-Thursday: 9 a.m.-9 p.m. • Friday: 9 a.m.-6 p.m. • Saturday: 10 a.m.-2 p.m.

#### CENTER STAFF

Manager: Bobby Merideth • Michael Herbst, Amashi-ali Kendall, Caprisha Green, Allison Ballard, Steve Kuchenbrod, Wayne Kuchenbrod, Brent Priddy

#### CENTER AMENITIES

Game Room • Gymnasium • Outdoor Court • Rental Space • Weight Room



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## BEEP Baseball



Wed, September 7, 14, 21, 28,  
October 5, 12, 19, 26,  
6:30-7:30 p.m.

Ages 16 and older.

**FREE!**

## Pickleball



Session 1: Mon, September 12,  
19, 26, October 3, 10, 2-3 p.m.

Session 2: Mon, October 24,  
31, November 7, 14, 21, 2-3  
p.m.

Ages 18 and older.

**FREE!**

## Healthy Lifestyles



Session 1: Mon, September 12,  
19, 26, October 3, 10, 1-2 p.m.

Session 2: Mon, October 24,  
31, November 7, 14, 21, 1-2  
p.m.

Ages 18 and older.

**FREE!**

## Open Wheelchair Basketball



Mon, September 12, 19, 26,  
October 3, 10, 17, 24, 31,  
November 7, 14, 21, 5:30- 8:30  
p.m.

Ages 16 and older

**FREE!**

## Tae Kwon Do



Tue, September 13, 20, 27, Oc-  
tober 4, 11, 18, 25, November  
1, 8, 15, 22, 6:30pm-8:45 p.m.

Ages 16 and older.

**FREE!**

## Stroke Support



Wed, September 21, October  
19, November 16, Noon-1:30  
p.m.

Ages 18 and older.

**FREE!**

\*Call (502) 244-5040 for a list of  
speakers

## Low Impact



Session 1: Wed, September 21,  
28, October 5, 12, 1-2 p.m.

Session 2: Wed, October 19,  
26, November 2, 9, 16, 23, 1-2  
p.m.

Ages 18 and older.

**FREE!**

## Goalball



Thu, November 3, 10, 17,  
7-8:30 p.m.

Ages 16 and older.

**Fee: Free!**

## JUST FOR FUN

### Adult Coloring



Session 1: Thu, September 1,  
8, 15, 22, 29, October 6, 6:30-8  
p.m.

Session 2: Thu, October 20,  
27, November 3, 10, 17, 6:30-8  
p.m.

Ages 18 and older.

**FREE!**

### Wii Bowling



Thu, September 1, October 13,  
November 3, 6:30-8 p.m.

Ages 18 & older

**Fee: \$2 per session**

### Bowling Friday



Session 1: Fri, September 2, 9,  
16, 23, October 7, 14

Session 2: Fri, October 21,  
November 4, 11, 18  
10 a.m.-12 p.m.

Held at Fern Bowl, 5518 Bard-  
stown Road. Ages 18 and older.

**Fee: \$6 per week**

### Boccia Ball



Session 1: Wed, September 7,  
14, 21, 28, October 5, 3-4 p.m.

Session 2: Wed, October 19,  
26, November 2, 9, 16, 23, 3-4  
p.m.

Ages 18 and older.

**FREE!**

## Men's Sports Club: Beef O'Brady's



Thu, September 8, 6:30-8 p.m.

Held at Beef O' Brady's, 241  
Blankenbaker Ln. For men 18  
and older. Call for more infor-  
mation.

**Fee: Bring money to pay for  
meal**

## Card Club



Session 1: Mon, September 12,  
19, 26, October 3, 10, 17, 10  
a.m.-Noon

Session 2: Mon, October 24,  
31, November 7, 14, 21, 10  
a.m.-Noon

Ages 18 and older.

**FREE!**

## Shooting Stars Dance Team



Session 1: Mon, September  
12, 19, 26, October 3, 10, 17,  
6:30-8 p.m.

Session 2: Mon, October 24,  
31, November 7, 14, 21, 6:30-8  
p.m.

Ages 18 and older.

**FREE!**

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## Original Fun and Games



Session 1: Tue, September 13, 20, 27, October 4, 11, 18

Session 2: Tue, October 25, November 1, 8, 15, 22  
1-2 p.m.

Ages 18 and older.

Fee: \$1 per week or \$5 per session

\*Call (502) 244-5040 for list of events

## Girl Talk: Pizza & Coloring



Thu, September 15, 6-7:30 p.m.

For women 18 and older. Call for more information.

Fee: \$3

## Men's Sports Club: Women's Soccer Game



Thu, October 6, 6:45-8:30 p.m.

Dr. Mark & Cindy Lynn Stadium  
339 Byrne Avenue. For men 18 and older. Call for more information.

Fee: FREE!

## Girl Talk: Halloween Pumpkin Painting



Thu, October 20, 6:30-8 p.m.

For women 18 and older. Bring your own pumpkin! Call for more information.

FREE!

## Men's Sports Club: Movie Night



Thu, November 10, 6-7:30 p.m.

For men 18 and older. Call for more information.

Fee: \$3

## Girl Talk: Thanksgiving Celebration



Thu, November 17, 6:30-8 p.m.

For Women 18 and older. Call for more information.

Fee: \$3

## LEARNING & SPECIAL INTEREST

### Best Book Club



Session 1: Thu, September 1, 8, 15, 22, 29, October 6

Session 2: Thu, October 20, 27, November 3, 10, 17  
3-4:30 p.m.

Ages 18 and older.

FREE!

### Coffee Talk Book Club



Session 1: Tue, September 6, 13, 20, 27, October 4, 11, 18

Session 2: Tue, October 25, November 1, 8, 15, 22  
1-2:30 p.m.

Ages 18 and older. Call for more information.

Fee: \$10 (Reading After You by Jo Jo Mayes)

## Cards Connect: Women's Soccer Game



Friday, September 9  
7:15-9 p.m.

Dr. Mark & Cindy Lynn Stadium  
339 Byrne Avenue. Ages 18 and older. Call for more information and to register.

Fee: FREE!

## Cards Connect: Pizza Party



Friday, October 14, 6:30-8 p.m.

Ages 18 and older. Call for more information.

Fee: \$2.00

## Cards Connect: Bingo Night



Friday, November 11  
6:30-8 p.m.

Ages 18 and older. Call for more information.

Fee: FREE!

## ARTS & CRAFTS

### Session 1: Grass Hair Planters



Tue, September 13, 10:30-11:30 a.m.

Ages 18 and older.

### Frog Note Holder



Tue, September 20, 10:30-11:30 a.m.

Ages 18 and older.

Fee: \$5 per person

### Fish Banks



Tue, September 27, 10:30-11:30 a.m.

Ages 18 and older.

Fee: \$5 per person

### Winking Owl



Tue, October 4, 10:30-11:30 a.m.

Ages 18 and older.

Fee: \$5 per person

### Butterfly Sun Catchers



Tue, October 11, 10:30-11:30 a.m.

Ages 18 and older.

Fee: \$5 per person

### Launcher



Tue, October 18, 10:30-11:30 a.m.

Ages 18 and older.

Fee: \$5 per person

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## Session 2: Basketball Rim



Tue, November 1, 10:30-11:30 a.m.

Ages 18 and older.

Fee: \$5 per person

## Sun Catchers Photo Frame



Tue, November 8, 10:30-11:30 a.m.

Ages 18 and older.

Fee: \$5 per person

## Piggy Bank



Tue, November 15, 10:30-11:30 a.m.

Ages 18 and older.

Fee: \$5 per person

## Hodge Podge



Tue, November 22, 10:30-11:30 a.m.

Ages 18 and older.

Fee: \$5 per person

## YOUTH ACTIVITIES

### Creative Kids: Recreation and Homework Help

Mon, Tue, Wed & Thu, 3:30-4:30 p.m.; Fri 4:30-5:30 p.m.

Activities for children 6 to 13. Call to register. Ages 6-13

FREE!

### Special Olympics Young Athletes

Sat, Oct. 1, 8, 15, 22 November 5, 12, 26, 10:30-11:30 a.m.

An innovative introduction to sports and play for kids (ages 2 to 7) with disabilities. Program is for all those with and without disabilities. Children under 6 must have parent or adult supervision. Call 502/244-5040 to register.

### Kids Crafts

Saturday September 3, 17, 24, October 1, 8, 15, 22, November 5, 12, 26, 11:30-12:30 p.m.

Ages 6-13. Call for more information and to register.

Fee: \$2

## TEEN & ADULT ACTIVITIES

### Open Teen Basketball

Session 1: Thu, September 1, 8, 15, 22, 29, October 6, 5:30-6:30 p.m.

Session 2: Thu, October 13, 20, 27, November 3, 10, 17, 5:30-6:30 p.m.

Ages 13-18 years old

FREE!

### Open Adult Basketball

Session 1: Wed, September 7, 14, 21, 28, October 5, 5:30-7:15 p.m.

Session 2: Wed, October 19, 26, November 2, 9, 16, 23, 5:30-7:15 p.m.

Ages 18 and older

FREE!

### Yoga

Session 1: Wed, September 7, 14, 21, 28, October 5, 12

Session 2: Wed, October 26, November 2, 9, 16, 23, 6:30-7:30 p.m.

Ages 18 and older.

FREE!

### Adult Volleyball

Tue, September 6, 13, 20, 27, October 4, 11, 18, 25, November 1, 8, 15, 22, 6:30-8:45 p.m.

Ages 16 and older.

FREE!

## 50 AND OLDER ACTIVITIES

### Senior Walking

Mon-Thu, September, October, & November, 9:30 a.m.

Ages 50 and older.

FREE!

### Silver Sneakers

Mon & Wed, September 7, 12, 14, 19, 21, 26 & 28, October 3, 5, 10, 12, 17, 19, 24, 26 & 31 November 2, 7, 9, 14, 16, 21 & 23, 10:30-11:30 a.m.

Ages 50 and older.

Fee: \$10 per month or free if you are Silver Sneaker eligible. Call to check for eligibility.

## YMCA PROGRAM

### Out of School Time (OST)/Kid's Café

Mon-Thu, September, October, & November, 4:30-6 p.m.

FREE!