THERAPEUTIC RECREATION
1600 Marview Drive, Thousand Oaks, CA 91362 • Phone: 805-381-2739 • Fax: 805-381-2874
E-mail: therapeutics@crpd.org • Web site: www.crpdp.org/therapeuticrecreation • Office Closed: 2/17
Recreation Supervisor: Devon Herbert, RTC, MA; Therapeutic Recreation/Inclusion
Recreation Coordinator: Sheryl Jue, CTRS, RTC

THERAPEUTIC RECREATION PROGRAMS ARE DESIGNED FOR INDIVIDUALS WITH SPECIAL NEEDS
NOTE: Unless otherwise specified, all programs are conducted at Old Meadows Center.
FOR SPECIALIZED INCLUSION PROGRAMS, SEE PAGE 18.

ANNOUNCEMENTS
RAINBOW CONNECTION FAMILY RESOURCE CENTER (RCFRC)
a program of Tri-Counties Regional Center has a representative
at CRPD-Therapeutic Recreation (Old Meadows Center) on the
first Monday of the month 9:00am-12noon, to provide family
support, information and resources, education and training, and
remote access to their lending and resource library! Drop-in ok,
however RSVP preferred – TRUnit@crpd.org

VOLUNTEERS
Volunteers work with Therapeutic Recreation staff to enhance the success and enjoyment of each
program participant. Anyone 15 years and older or under 15 with parental supervision is encouraged
to participate.

FAMILY EVENTS
2020 CONEJO THEATRE FOR EVERYONE PERFORMANCES, All
ages This year, the inclusive theatre company is proud to present
Fantastic Mr. Fox. Four performances held Friday, Feb. 21-
Sunday, Feb. 23. Purchase tickets at www.yaeonline.com or by
calling the box office at 805-381-1246. Location: Theatre on the
Hill, 403 W. Hillcrest Dr.

FAMOUS FAMILY BINGO AND PIE AUCTION, All ages Register
per person. Dinner is advance purchase only. Event is $8 at the
door. Location: Goebel Adult Community Center.
Event Only
4500.1201 Su 5:30-8:00pm $5 3/22 1 eve
Event plus Spaghetti/Meatball Dinner
4501.1201 Su 5:00-8:00pm $16 3/22 1 eve
Event plus Antipasto salad
4534.1201 Su 5:00-8:00pm $16 3/22 1 eve
Event plus Cheese Pizza
4555.1201 Su 5:00-8:00pm $16 3/22 1 eve

SPORTS
KARATE, Age 12+ Prerequisite: Must be able to stay with a
group. Siblings welcome to register. Instructor: Fumiko Hamada,
black belt. No class 2/17.
4586.1201 M 5:00-5:40pm $76 1/20-3/9 7 wks
FLAG FOOTBALL, Age 14+ Location: Conejo Creek South. No
class 2/17.
4578.1201 M 6:00-7:30pm $56 2/3-3/23 7 wks
SWIM TEAM, Age 8+ Prerequisite: ability to swim two laps
of the pool without touching bottom. Bring goggles. Location:
Thousand Oaks YMCA, 4031 N. Moorpark Rd.
4510.1201 W As scheduled $64 1/15-3/4 8 wks
YOGA, Age 12+ Instructor: Fumiko Hamada, RYT 500, Kids Yoga
Certified.
4590.1201 Th 5:00-5:50pm $76 1/23-3/5 7 wks
BASKETBALL TEAM, Age 13+ Location: Borchard Center.
Intermediate
4511.1201 W 5:30-7:00pm $80 1/8-3/11 10 wks
Advanced
4511.1202 Th 7:00-8:30pm $80 1/9-3/12 10 wks
LET’S DANCE!, Age 15+ Instructor: Mary
Abaraham.
4583.1202 W 5:15-6:15pm $50 1/22-3/4 7 wks
ATHLETICS, Age 8+
Location: OCHS, 31749 La Tienda Dr, Westlake.
4515.1201 Sa 9:00-10:30am $64 1/18-3/14 8 wks

YOUTH BASKETBALL, Age 6-15
Location: Sycamore Elementary School, 4601 Via Rio, Newbury Park.
4506.1201 Su 10:30-12noon $56 1/19-3/01 7 wks

TEENS AND UP

ART INSTRUCTION, Age 14+
Instructor: Bob Noonan, Studio 316.
4520.1201 M 6:30-8:00pm $85 1/6-2/10 6 wks

CROWLEY CLUB, Age 14+
Location: Crowley House. Monthly fee of $45/$35 due 1/3, 2/1, 3/1, 4/1.

Age 14-18
4518.1201 T 1:30-5:30pm $45/$555 1/7-4/7 14 wks
4518.1204 T 3:00-5:30pm $35/$5120 1/7-4/7 14 wks
Age 18+
4518.1203 F 1:30-5:30pm $45/$555 1/10-4/10 14 wks
4518.1202 F 3:00-5:30pm $35/$5120 1/10-4/10 14 wks

KITCHEN KAPERS, Age 14+
Register for only one date per theme.
Comfort Foods
4521.1201 T 5:30-8:00pm $18 1/21 1 eve
4521.1202 T 5:30-8:00pm $18 1/28 1 eve
That’s Amore: Italian Night!
4522.1201 T 5:30-8:00pm $18 2/4 1 eve
4522.1202 T 5:30-8:00pm $18 2/11 1 eve
Mexican Fiesta
4523.1201 T 5:30-8:00pm $18 2/18 1 eve
4523.1202 T 5:30-8:00pm $18 2/25 1 eve
Breakfast for Champions
4524.1201 T 5:30-8:00pm $18 3/3 1 eve
4524.1202 T 5:30-8:00pm $18 3/10 1 eve

CHEF WITH GUESTS, Age 14+
Register for only one date.
4556.1201 T 5:30-8:00pm $35 3/17 1 eve
4556.1202 T 5:30-8:00pm $35 3/24 1 eve

CHEF IN THE FAMILY, Age 11-14
4593.1201 T 3:30-4:30pm $60 1/21-2/25 6 wks

A CHEF IN THE FAMILY, Age 11-14
Register for only one date per theme.

RIDE ON THERAPEUTIC HORSEMANSHIP

Therapeutic horseback riding combines instruction in traditional horsemanship skills with concepts of physical therapy which improve the strength, balance and self-esteem of physically and mentally disabled children ages 3 and older.
Ride On Conejo Valley
401 Ronel Ct., Thousand Oaks
Limited scholarships available.
Session includes one lesson per week
Call 805-375-9078 for Program Dates and Times

ENJOY YOUR COMMUNITY

DINNER AND MOVIE, Age 15+
Movie title choices, time, and location to be emailed.
4540.1201 F TBD $20 1/24 1 eve
4540.1202 Sa TBD $20 2/29 1 eve

BOWLING NIGHT, Age 15+
Drop off and pick up at Camarillo Harley’s Bowl, 305 Arneill Rd., Camarillo.
Bowling Night Only24
4525.1201 F 6:45-9:00pm $20 1/31 1 eve
4525.1202 F 6:45-9:00pm $20 3/6 1 eve
Bowling Night and Transportation
4526.1201 F 5:45-9:45pm $26 1/31 1 eve
4526.1202 F 5:45-9:45pm $26 3/6 1 eve

CROWLEY HOUSE NIGHT, Age 15+
Location: Crowley House.
4564.1201 F 5:30-8:00pm $18 1/31 1 eve

BBQ AND SOCIAL AT OMC, Age 15+
4529.1201 F 6:00-8:30pm $16 2/7 1 eve

VALENTINE’S DANCE, Age 15+
4536.1201 Sa 7:00-9:00pm $10 2/15 1 eve

SUPER BOWL PARTY, Age 15+
4559.1201 Su 3:15-8:00pm $25 2/2 1 eve

DINNER AND THEATRE, Age 15+
Bring $15 for dinner. Register for class #4530.1201 if theatre only is preferred. Drop off at Oaks Mall food court; pick up at Hillcrest Center.
4529.1201 Sa 5:45-9:30pm $21 2/22 1 eve

CTFE’S FANTASTIC MR. FOX, Age 15+
Register for class #4529.1201 if theatre plus dinner is preferred.
4530.1201 Sa 7:15-9:30pm $17 2/22 1 eve

SUPPER CLUB, Age 15+
Bring $20-$25. Drop off and pick up at Islands Restaurant (Newbury Park).
4584.1201 F 6:00-8:00pm $8 3/6 1 eve

YOUTH COMMISSION DANCE, Age 15+
Sponsored by the Thousand Oaks Youth Commission. Location: Teen Center.
4502.1201 Sa 5:30-9:00pm $5 3/28 1 eve

THERAPEUTIC RECREATION
SPECIAL NEEDS RECREATION RESOURCES DIRECTORY

Community-based recreation-related programs providing services expressly designed for individuals with disabilities may ask to be added to this list by calling 805-381-2739 or email dherbert@crpd.org

Organization/Region..................Phone...............Email/Website

Actors for Autism (Westlake, Camarillo).................................................................www.actorsforautism.org
Allways on Stage..................................................818-612-2001 ..........................www.allwaysonstage.com
ATFC VIP Soccer ....................................................Thousand Oaks......................818-789-0752 ..........................vip@atfcsports.org
California Condors Ice Hockey (Simi).................................................................805-520-7465 ..........................www.calspecialhockey.com
Center 4 Special Needs ..................................................805-379-1681 ..........................www.center4specialneeds.org
Challenger Little League Baseball ..................................................805-405-8510 ..........................Tom.Jankowski@StarRouteLC.com
Best Day Foundation ..................................................713-569-3125 ..........................www.bestdayfoundation.org
Big Fun Gymnastics ..................................................310-837-7849 ..........................info@bigfunymnastics.com/www.bigfunymnastics.com
B-Mod Fitness ..................................................805-341-9188 ..........................coachjerry@mac.com/www.bmodfitness.com
Brandon’s Buddies ..................................................818-222-8118 ..........................brandonbuddies@pacbell.net
Buddy Break (Nathaniel’s Hope) ..................................................www.nathanielshope.org
The Friendship Circle ..................................................818-865-2233 ..........................www.friendshipcircleca.org
Golden Heart Ranch (Agoura Hills) ..................................................310-799-9933 ..........................barbara@goldenheartranch.org/www.goldenheartranch.org
National Arts and Disability Ctr ..................................................310-825-5054 ..........................www.s-mm.edu/nad.
New Directions Travel ..................................................805-967-2841 ..........................www.newdirectionstravel.org
Next Chapter Book Club ..................................................805-449-2660 ext. 7318
Oak Park Rec & Park-Special Needs Prg ..................................................805-865-9304 ..........................www.rsrp.org
Pleasant Valley RPD Adaptive Rec Programs ..................................................805-482-1996 ..........................www.purpd.org
Rainbow Connection ..................................................805-485-9643 ..........................rainbow@tricounties.org
Reidy’s Gift/Kindling Studios (Newbury Park/Camarillo) ..................................................310-853-0794 ..........................art@reidygift.org/www.kindingstudios.org
Ride-ON Therapeutic Horsemanship ..................................................805-375-9078 ..........................Sarah@rideon.org/www.rideon.org
Special Olympics Ventura County ..................................................805-650-7717 ..........................www.sosv.org
Surfer’s Healing ..................................................877-966-SURF ..........................www.surfershealing.org
Train4Autism (Newbury Park) ..................................................BrianThompson@Train4Autism.org
U.S. Adaptive Recreation Center ..................................................909-584-0269 ..........................mail@usarc.org/www.usarc.org

AMERICAN DISABILITY ACT (ADA) COMPLIANCE:
MISSION STATEMENT

Conejo Recreation and Park District (CRPD) strives to enrich quality of life through the provision of quality recreation programs. We welcome people with disabilities in all recreation opportunities provided by CRPD, both through specialized options (Therapeutic Recreation) and inclusion alternatives.

Please contact Devon Herbert at 805-495-6471 or Inclusion@crpd.org for further information on program choices, for help with making a selection, or to request a program modification. In order to evaluate and seek to reasonably accommodate your individual needs, we ask that you let us know of any requested modifications at the time of your registration.

ADA GRIEVANCE PROCEDURE

CRPD has developed an internal grievance procedure for prompt and equitable resolution of complaints alleging any action prohibited by the United States Department of Justice regulations implementing Title II of the Americans with Disabilities Act (ADA).

Complaints should be addressed in writing to ADA Compliance Officer, Conejo Recreation and Park District, 403 W. Hillcrest Drive, Thousand Oaks, CA 91360 or by email at ADACompliance@crpd.org

- A complaint should contain the name and address of the person filing it, and briefly describe the alleged violation of the regulations.
- Complaint should be filed within 30 days of the alleged violation.
- CRPD will conduct an investigation and notify the complainant of its findings within 30 days from receiving the written complaint.

Use of this grievance procedure is not a prerequisite to the pursuit of other remedies. CRPD strives to have all participants enjoy their experience in our programs and works to handle all concerns in a timely and fair manner.