

WOODLAKE PARKS & REC

ROAR

RETHOUGHT OPPORTUNITIES FOR ADAPTIVE RECREATION

PROGRAM INFORMATION



WHAT IS THE ROAR PROGRAM?

The ROAR Program (Rethought Opportunities for Adaptive Recreation) is a new branch of the City of Woodlake Parks & Recreation department that exists to serve both children and adults in the community with developmental disabilities. This program offers a safe space for ROAR participants and their families, to simply be who they are without judgement.

WHO CAN ATTEND ROAR EVENTS?

All are welcome at ROAR Program events! Young, old, mild, moderate, severe, mobile, immobile, and everything in-between! We do ask that at least one parent and/or guardian attend each event with their ROAR participant to be available if-needed. Not from Woodlake? That's ok! We welcome anyone from the surrounding area who would like to attend our events!

HOW DO I ATTEND ROAR EVENTS?

We do have a partnership with the CVRC—if you are a CVRC client, reach out to your Service Coordinator to let him/her know that you are interested in attending Woodlake ROAR Program events. Each ROAR Event that is announced, the registration information and instructions are sent directly to CVRC so that Service Coordinators have full information on how to register for each event. ROAR events are free to CVRC members.

If you are not a CVRC member, no worries! To get on the list of announced ROAR events, **email Jennifer at JReynolds@ci.woodlake.ca.us** and let her know you are new to the ROAR program and would like to know about announced events. You will be put on the email list for all ROAR program activities. When you see an activity that you'd like to participate in, let Jennifer know via email, and she will send you the registration link and provide cost information.

Make sure to register in a timely manner, because most ROAR events do have a limit on attendees due to facility capacity restrictions. However, we also understand that knowing how your ROAR participant will feel the day-of an event can be hit-and-miss, so if something changes, just keep Jennifer in the loop!

HOW MANY ROAR EVENTS ARE THERE?

This is a very new program, so we are mostly in an experimental stage—we want to try all different kinds of activities, and we want you to tell us what you like the best! Our goal is to provide at least one event per month, and to provide a variety of recreation programs throughout the year.

WHAT ROAR EVENTS CAN BE EXPECTED?

ROAR events are a partnership between Woodlake Parks & Recreation, and at least one other program/instructor. Many of our partners volunteer their time for these events. If you know of a person or organization who might want to partner on a ROAR event, reach out to Jennifer at JReynolds@ci.woodlake.ca.us.

In our first year, we were able to offer the following ROAR events/programs:

- **February:** Valentines themed Zumba Dance Class
- **March:** St. Patrick's Day themed Yoga Class
- **March:** Basketball Clinic
- **April:** Spring themed Zumba Dance Class
- **May:** Cowboy/Cowgirl Hat Decorating Craft
- **May:** Blueberry Picking
- **August:** Backpack Decorating Craft
- **September:** Yoga Sound Bath Event
- **October:** Halloween Costume Dance Party
- **November:** Yoga Sound Bath Event
- **November:** Succulent Pumpkin Craft
- **November:** Soccer Clinic
- **December:** Sensory Santa Meet-and-Greet

THE ROAR PROGRAM VISION

We want to know what YOU, the local adaptive community, wants! We'd also love to build up our program to offer short Adaptive Sports Leagues with multiple games and official uniforms...if this is your vision. If you want to get involved with our ROAR program and help us meet the needs of the adaptive community, email Jennifer at JReynolds@ci.woodlake.ca.us - we look forward to hearing from you!

ROAR EVENTS TO-DATE

To give you a better idea of the events we have held in the past, here are photos from each one, and short descriptions of each event! See something that we should add to the mix? Know of someone that can help provide other event opportunities for the ROAR Program—we want to hear from you! Email Jennifer at JReynolds@ci.woodlake.ca.us !

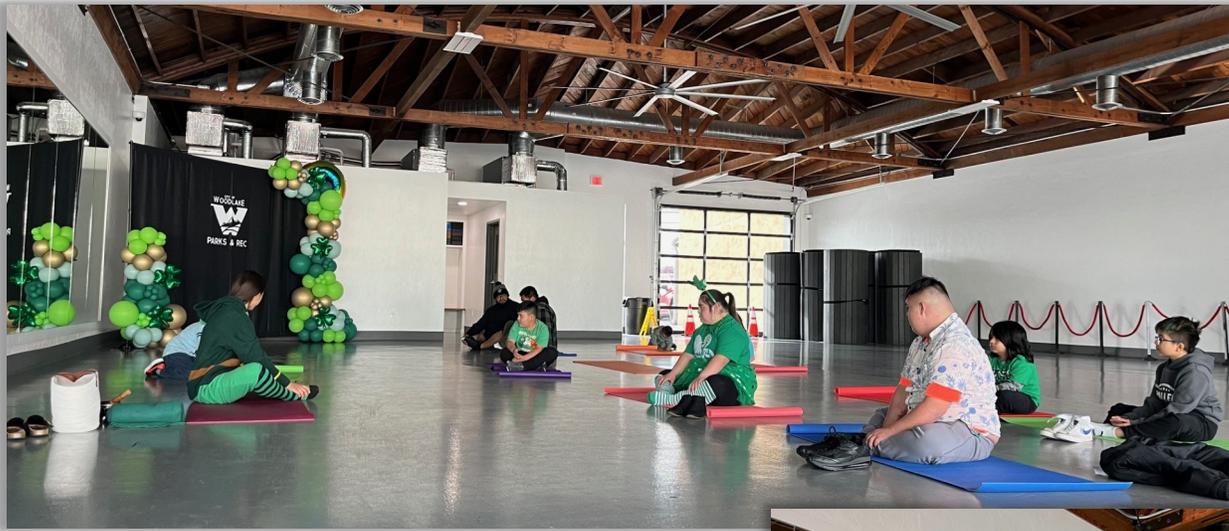


ZUMBA

This popular dance fitness class is adapted slightly, but still involves a lot of movement and loud music! Can't keep up? Don't worry! No one else can either! These fitness classes are just meant to be fun and festive, and get your ROAR participant up-and-moving around to experience something different.

Does your ROAR Participant love Zumba? There is a Zumba instructor in Woodlake who holds public classes at our Downtown Studio three times per week!





YOGA

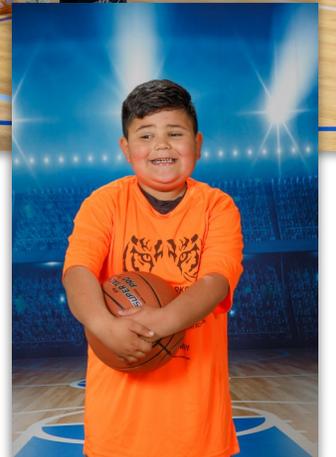
Yoga instructor, Rose Renteria, takes our ROAR Program through fun, simple, and relaxing yoga poses—most of them with animal names! We provide the yoga mats! Come dressed comfortably (to-theme, if desired), and bring your water bottle!

Does your ROAR participant love Yoga? Instructor Rose offers public classes at the Downtown Studio twice per week!



BASKETBALL

We partner with our 'Woodlake Ballers' youth club basketball team to offer a ROAR Basketball Clinic. Participants are buddied up with a player-partner (if he/she is in the mood for it) and are taken through a series of drills. Our sports photographer also takes individual pictures of our ROAR participants, as a keep sake for their family.





COWBOY/COWGIRL HAT CRAFT

Woodlake is Rodeo country! In preparation for the big Woodlake Rodeo during Mother's Day Weekend, our ROAR Participants got to decorate their own cowboy or cowgirl hat with charms, patches, feathers, bands, and whatever else caught their interest!

BLUEBERRY PICKING

Woodlake is also home to Big L Ranch, an organic U-Pick Blueberry Farm! Our ROAR Participants got a special exclusive day to access the ranch with their family and friends! Pick blueberries, enjoy blueberry treats, and enjoy this on-the-river beautiful event location!





BACK-TO-SCHOOL CRAFT

Our ROAR Participants got back-to-school ready in style during this backpack decorating workshop! Participants got to pick out a new backpack, as well as variety of patches, buttons, and keychains to get them ready for the new school year!



FOOTBALL & CHEER

WHS Football Players and Cheerleaders took our ROAR Participants through some fun drills during this Football and Cheerleading Clinic!





YOGA SOUND BATH EVENT

Our ROAR-exclusive Yoga Sound Bath events became a quick program favorite after our first session! Instructor Lisa Marie Alchemy took us through a relaxing series of peaceful sounds that vibrated through our bodies. Almost all of our ROAR participants were entranced by the relaxing sounds, and many fell asleep!

Is your ROAR Participant not one to sit still or be quiet? No worries! This is the class for you! These inclusive events are to allow everyone to be in the room and experience the healing powers of the sound vibrations—sitting in a yoga pose or not!



SOCCER

WHS Girls Soccer Team comes in to provide soccer drills and instruction for our ROAR Participants. Each ROAR attendee will receive a WHS Player Buddy who will take them through a series of drills.....maybe....or maybe they'll just kick the ball around....whatever the ROAR participant feels up to doing that day! Our sports league photographer is also available to offer individual and/or buddy-photos of each ROAR participant that will be emailed to their family!



SENSORY SANTA

The Woodlake community has an annual "Santa's Workshop" event the day of the Woodlake Christmas Parade. This event is put on by a local service club.

ROAR participants get an exclusive early-entrance to this event! So don't worry; the line to get in, pictured above and below, is not what you will experience! We want our ROAR participants to have a peaceful non-chaotic experience with Santa.

With your early access, you'll get the opportunity to meet Santa and take a family picture with him. Your ROAR participant will also receive a toy from Santa and his helpers!

