



# R.E.C. CONNECT [RECREATION • EXPERIENCE • COMMUNITY] JULY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5 INTRO TO DANCE/ BALLET 12PM CRITTER BARN 1:30PM	6 BEACH PARTY 1PM SPORTS & S'MORES 10AM	7 AMPED UP! 1PM	8
9 ACCESSIBLE OUTDOORS 1PM	10 PHOTOGRAPHY FUN 11AM CRITTER BARN 1:30PM JAZZ IN THE PARK 6PM	11 OUTDOOR GAMES & GRUB 4PM	12 INTRO TO DANCE/ BALLET 12PM CRITTER BARN 1:30PM TALENT SHOW 6PM	13 BEACH PARTY 1PM SPORTS & S'MORES 10AM	14 AMPED UP! 1PM BOCCE BALL TOURNAMENT 6:30PM	15 WHITECAPS GAME 6PM
16 ACCESSIBLE OUTDOORS 1PM	17 PHOTOGRAPHY FUN 11AM CRITTER BARN 1:30PM	18 OUTDOOR GAMES & GRUB 4PM	19 CRITTER BARN 1:30PM	20 BEACH PARTY 1PM SPORTS & S'MORES 10AM	21 AMPED UP! 1PM DAY AT THE ZOO 3PM	22
23 ACCESSIBLE OUTDOORS 1PM	24 PHOTOGRAPHY FUN 11AM CRITTER BARN 1:30PM	25 OUTDOOR GAMES & GRUB 4PM	26 INTRO TO DANCE/ BALLET 12PM CRITTER BARN 1:30PM	27 SPORTS & S'MORES 10AM ROCK 'N' ROLL 6PM	28 AMPED UP! 1PM MOVIE NIGHT ON THE TOWN 4PM	29 DOWNTOWN MARKET 1PM
30 ACCESSIBLE OUTDOORS 1PM	31					

\*PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES, ACTIVITIES AND SPECIAL EVENTS.  
To register, email [info@ikuslife.org](mailto:info@ikuslife.org) or call 616.677.5251, ext. 100.



# JULY PROGRAM DESCRIPTIONS

To attend a class, activity or event, members must have completed a member profile and paid their \$1 yearly membership fee.

## CLASSES & ACTIVITIES\*

### ACCESSIBLE OUTDOORS

Sundays from 1pm to 2pm  
Kate Pew Wolters Center  
Join us for some relaxing Sundays while we enjoy outdoor activities. Each week will feature a different accessible activity including: Fishing, boating, outdoor cooking, or orienteering.

### PHOTOGRAPHY FUN

Mondays from 11am to 12pm  
Indian Trails Camp Administrative Office  
Join Amy as you learn and participate in photography. Participants will learn different elements of lights and subject matter, while taking photographs around Aman Park and Indian Trails Camp.

### CRITTER BARN

Mondays and Wednesdays from 1:30pm to 2:30pm  
Kate Pew Wolters Center  
Come enjoy many different animals through this unique hands-on experience!

### OUTDOOR GAMES & GRUB

Tuesdays from 4pm to 6pm  
Kate Pew Wolters Center  
Join us on Tuesdays for fun social events involving cooking, conversation, and competition. This two hour event includes making a meal and outdoor games. You're welcome to bring your own games and beverages.

### INTRO TO DANCE/BALLET

Wednesday, July 5, 12 and 26 from noon to 1 pm  
Kate Pew Wolters Center  
Facilitated by principal member(s) of the Grand Rapids Ballet, come and join us in learning basic dance and ballet steps.

### SPORTS AND S'MORES!

Thursdays from 10am to 11am  
Kate Pew Wolters Center  
This class will feature both indoor and outdoor sensory friendly recreational activities adapted for individuals of all abilities.

### BEACH PARTY

Thursday, July 6, 13 and 20 from 1pm to 2pm  
Indian Trails Camp Aquatic Center  
Have some fun swimming no matter what the weather is at the Indian Trails Aquatic Center. Participants must bring their own swimsuit and towel. Certified lifeguard will be on duty.

### AMPED UP!

Fridays from 1pm to 2pm  
Amphitheater at Indian Trails Camp  
This fun and healthy fitness class will focus on stretching and bodyweight exercises in the great outdoors! This class is adaptable to most fitness levels and abilities. This is a great way to stay healthy and boost your self-confidence! Please come dressed to move.

## SPECIAL EVENTS\*

### TALENT SHOW— R.E.C. CONNECT HAS TALENT

Wednesday, July 12 from 6pm to 8pm  
Amphitheater at Indian Trails Camp  
Do you enjoy singing, showing off your dance moves or have another special talent to share? Join us for the talent show and show off your talents to a large supportive audience.

### BOCCE BALL TOURNAMENT

Friday, July 14 from 6:30pm to 8pm  
Kate Pew Wolters Center  
Unleash your competitive spirit as we hold an accessible bocce ball tournament. Compete as an individual player, bring friends to form a team, or join others. Snacks and drinks are also included.

### WHITECAPS GAME

Saturday, July 15 from 6pm to 10pm  
meet at the Kate Pew Wolters Center  
Take me out to the ballgame. Join us for our monthly West Michigan Whitecaps game. Meet at the Kate Pew Wolters Center at 6pm. Ticket to the game is included. Bring additional money for concession items.

### MOVIE NIGHT ON THE TOWN

Friday, July 28 from 4pm to 7:30pm  
meet at the Kate Pew Wolters Center  
We will be heading to Celebration Cinema to enjoy a new release movie. Participants will vote on movie 1 week prior. Ticket to the movie is included. Bring additional money for concessions items.

### DAY AT THE ZOO

Friday, July 21 from 3pm to 5pm  
meet at the Kate Pew Wolters Center  
Join us for a day at the John Ball Zoo. We will meet at the Kate Pew Wolters Center at 3pm and return at 5pm.

### JAZZ IN THE PARK

Monday, July 10 from 6pm to 8pm  
meet at the Kate Pew Wolters Center  
Join us for a picnic and Jazz as we go to Ah-Nab-Awen Park to hear the West Michigan Jazz Society perform.

### ROCK N' ROLL THURSDAY

Thursday, July 27 from 6pm to 8pm  
meet at the Kate Pew Wolters Center  
Do you like great music and dancing. We will be heading to the Walker Community Park to hear IKUS's favorite band Brena perform lots of well known songs.

### DOWNTOWN MARKET

Saturday, July 29 from 1pm to 3pm  
meet at the Kate Pew Wolters Center  
Join us for a whole day of fiery fun at the Downtown Market! We'll have tons of spicy activities like:

- salsa competition
- piñata smash
- pepper eating contest
- salsa dancing
- margarita bar
- ....and much more!

\*PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES, ACTIVITIES AND SPECIAL EVENTS.  
To register, email [info@ikuslife.org](mailto:info@ikuslife.org) or call 616.677.5251, ext. 100.