

Sarasota County Parks, Recreation and Natural Resources welcomes individuals of varying abilities to participate in our programs and to visit our parks. We offer programs designed for individuals with special needs by taking an inclusive approach to all recreation. Advance notification is needed for requests for reasonable accommodation. For more information on therapeutic recreation or to request reasonable accommodation, call the County Contact Center at 941-861-5000.

Community Partners & Volunteer Groups



T-REC Program of Sarasota County



Sarasota County prohibits discrimination in all services, programs, or activities on the basis of race, color, national origin, age, disability, sex, marital status, familial status, religion, or genetic information. Persons with disabilities who require assistance or alternative means for communication of program information (Braille, large print, audiotape, etc.), or who wish to file a complaint, should contact:

Sarasota County ADA / Civil Rights Coordinator
 1660 Ringling Blvd. Sarasota, FL 34236
 Phone: 941-861-5000
 TTY 7-1-1 or 1-800-955-8771
 Email: adacoordinator@scgov.net



Make new friends, enjoy the treasures of Sarasota County, participate in fun events, try new things, learn about healthy living and much more! T-REC membership is free - join in the fun today!



For further information about the T-REC Program of Sarasota County, contact Andrea King at 941-486-2595, email alking@scgov.net or visit us online at www.scgov.net/parks



T-REC Program of Sarasota County



Sarasota County Parks, Recreation and Natural Resources is proud of its lead role in the Therapeutic Recreation (T-REC) Program of Sarasota County. T-REC is comprised of multiple community partners and volunteer groups working together to provide year-round organized therapeutic recreational opportunities for teens and adults with disabilities living in Sarasota County.



Monthly activities take place at different venues throughout the county. Past activities include: sporting events, pool and beach parties, walks, and the ever-popular dances.

T-REC celebrated its 20th anniversary during the summer of 2022!

Membership is free - join in the fun today!



T-REC Program of Sarasota County

BENEFITS

The opportunity to participate in recreation is vitally important to all people in our community, especially those individuals who have disabilities. There are many benefits in T-REC activities including, but not limited to increasing self-esteem, expansion of interpersonal relationships, enhanced communication skills, promotion of community integration, decrease in social isolation, prevention of secondary health problems, and enhancement in quality of life. Wellness and healthy living are a main focus at all T-REC events.



Inclusive leisure experiences encourage and enhance opportunities for people of varying abilities to participate and interact in life's activities together with dignity. It also provides an environment that promotes and fosters physical, social, and psychological inclusion of people with diverse experiences and skill levels. Inclusion enhances individuals' potential for full and active participation in leisure activities and experiences.

Do you have a great idea that you'd like to share with T-REC? Would you like to volunteer at an upcoming T-REC event? If so, please contact Andrea King for further details.

T-REC Program Membership Form



- Membership privileges:**
- Email notification of upcoming T-REC events
 - Notification of events within Parks, community agencies and volunteer groups

To become a T-REC Member, please fill out this form completely for each individual registration and return it by any of the following methods:



Mail: Nokomis Community Park
 Attn: T-REC
 234 E. Nippino Trail
 Nokomis, FL 34275

E-mail: alking@scgov.net

Fax: 941-486-2751

Participant's First Name: _____

Participant's Last Name: _____

Birth Date: ____/____/____

Address: _____

City, Zip: _____

Home Phone: _____

Email: _____

Agency / Group Home / School (if applicable): _____

Emergency Contact Name: _____

Relationship: _____

Phone: _____

I hereby authorize the use of any photographs, motion pictures, videos, or other materials related for publicity, promotional or news purposes by the various media as authorized by the official of the **T-REC Program of Sarasota County**.

Participant Signature

Date

Parent or Guardian Printed Name (if applicable)

Parent or Guardian Signature (if applicable)