

# Who We Are

## Our Philosophy

Our Therapeutic Recreation (TR) programs play an important role in promoting and maintaining physical, social, emotional and mental health development. Our mission is to provide recreational activities for individuals with physical/intellectual disabilities. These activities will help those who may not know their inner abilities to succeed and adaptively achieve!



# Let's Connect

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## Pleasant Prairie RecPlex

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phone: 262.947.0437

# Therapeutic Recreation Program



## "Enrich, Educate, Empower"



Scan our QR code to access  
our Facebook page!

# Introducing Our Programs

## Discovery



*Discovery* is a year round program for adults with disabilities. The goal of the program is to engage our participants with developmental disabilities in daily activities, within the community, that encourage social, emotional, physical and mental growth through recreation. This program also offers a summer camp opportunity ages 18+.

*Discovery* is staffed at a 4:1 ratio. The staff is able to assist with ADL's and provide the care that a second family would provide.

*Discovery* participants have the opportunity to join clubs outside all of the fun they have throughout the day at RecPlex. These clubs include: sensory club, social club, cooking club, community integration club, fitness club, craft club, as well as Zumba and Yoga.

## Trekkers



*Trekkers* is a unique summer camp is open to youth that are easily "bored" in traditional summer camp program. The Trekker program also offers Friday night sports club throughout the year. The goal of this program is to aid youth in socialization and integrating them with their mainstream peers.

Staffed at a 1:6 ratio youth are engaged while learning to play with others.

*Trekkers* runs like a typical summer camp with lots of activities including: ice skating, swimming, gym time, crafts, Zumba, field trips and much more!

*Trekkers* After School Program is also available during the school year. Based on first come first serve basis.

## Respite



*Respite* is a break for the caregiver as well as the participant. *Respite* is offered every Saturday (with some exceptions) from 9:00am-4:00pm. Registration must be completed no later than one week prior to care to guarantee staff.

Staff is provided at a 1:4 ratio to help participants play games, go to the park, head to the pool or beach, create art projects and much more!

"There is no greater disability in society than the inability to see a person as more."

# Additional Activities

- **Swim Lessons**  
Our adaptive swim lessons teach water safety while working on basics in the water. Our pool is a great escape and a fun place to learn new skills! Staffed at a 1:1 ratio, our swim instructors will create a personalized plan to get your participant comfortable in the water.

- **Community Integration**  
A chance to check out the surrounding community, experience all there is to offer. All fees included. Must register 10 days in advance to avoid program cancellation. Door to door transportation is available for additional cost.

Contact TR for any questions and registration.

- **Adaptive Personal Training**  
Email Sandy to schedule your assessment and get started on your path to greater health & wellness.

Contact Sandy:  
swiedmeyer@pleasantprairiewi.gov  
No refunds without 24 hour notice.

