

2026 Adult Social Club and PAC Registration Form

Preferred Club (choose 1): ☐ Voyagers (21-29) ☐ Explorers (21+) 20Something (21-29)
☐ Fun Bunch (30+) ☐ Ventures (30+) Go-Getters (21-29)
 (R) Return (N) New Member

Performing Arts Club: ☐ See Eligibility Criteria on page 6 (21+)

MEMBER INFORMATION:

Name: _____ Gender: _____
 Address: _____ Member's Cell Phone: _____
 _____ Member's Email: _____
 _____ DOB: _____ Age: _____

PARENT / GUARDIAN #1:

Name: _____ Home Phone: _____
 Relationship: _____ Work Phone: _____
 Address: _____ Cell Phone: _____
 _____ Email Address: _____

PARENT / GUARDIAN #2:

Name: _____ Home Phone: _____
 Relationship: _____ Work Phone: _____
 Address: _____ Cell Phone: _____
 _____ Email Address: _____

EMERGENCY CONTACT (OTHER THAN PARENT/GUARDIAN)

Name: _____ Home Phone: _____
 Relationship: _____ Cell Phone: _____

CONFIDENTIAL DISABILITY INFORMATION

Please list disability(s):

(i.e. autism, ADHD, blind, Deaf, etc.)

DIETARY RESTRICTIONS/FOOD ALLERGIES

Do you have any dietary restrictions or food allergies/intolerance? Please Select:

☐ YES

☐ NO

If yes, please list:

HEALTH INFORMATION, HABITS AND PERSONAL SAFETY

Please list any medical conditions:

(i.e. diabetes, seizures, asthma, allergies, etc.)

Do you require specialized health care? Please Select:

☐ YES

☐ NO

If yes, please explain (i.e. inhaler, epi-pen, etc.)

Will it limit participation? Please Select:

☐ YES

☐ NO

If yes, please explain:

Will you require medication distribution during program hours? Please Select:

☐ YES

☐ NO

If yes, a medication profile must be completed and signed by your physician.

Do you have a history of seizures? Please Select:

YES

NO

If yes, list the type:

If yes, list the date and duration of last seizure:

If yes, list the warning signs:

COMMUNICATION

What is your primary means of communication?

(i.e. speech is clear, gestures, sign language, difficult to understand, limited means of communication, etc.)

ACTIVITIES OF DAILY LIVING

Please mark an X by the appropriate response	Independent	Needs Some Assistance	Needs Full Assistance	Comments (i.e. assistive devices)
Mobility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Toileting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Dress/undress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Transfers from wheelchair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Activity Level	<input type="checkbox"/>	Sedentary (No exercise)		
	<input type="checkbox"/>	Mild exercise (i.e., climb stairs, walk 3 blocks, golf)		
	<input type="checkbox"/>	Occasional vigorous exercise (i.e., aerobics or weight training less than 4x/week for 30 minutes)		
	<input type="checkbox"/>	Regular vigorous exercise (i.e., aerobics or weight training 4x/week for 30 minutes)		

ALCOHOL

Do you drink alcohol?	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>	Socially
If yes, what kind?	<input type="checkbox"/>	Wine	<input type="checkbox"/>	Beer	<input type="checkbox"/>	Mixed Drinks
Maximum Quantity per activity	<input type="checkbox"/>	Zero	<input type="checkbox"/>	One	<input type="checkbox"/>	Two

SAFETY *(Please check all that apply)*

<input type="checkbox"/>	Communicates basic needs (i.e. name and phone number)	<input type="checkbox"/>	Able to stay with the group in large settings (i.e. sporting events, movies, daytrips)	<input type="checkbox"/>	Able to participate in a group setting with a staff: participant ratio of 1:5
<input type="checkbox"/>	Responsible for own belongings	<input type="checkbox"/>	Able to administer own medication	<input type="checkbox"/>	Will sit quietly for a movie or performance
<input type="checkbox"/>	Recognizes danger when present	<input type="checkbox"/>	Manages his or her own money	<input type="checkbox"/>	Able to follow program rules and Code of Conduct

SOCIALIZATION *(Please check all that apply)*

<input type="checkbox"/>	Prefers to be alone	<input type="checkbox"/>	Interacts with peers	<input type="checkbox"/>	Interacts well w/ adults
<input type="checkbox"/>	Enjoys small group outings (less than 10 people)	<input type="checkbox"/>	Prefers large group outings (10 or more people)	<input type="checkbox"/>	Tolerates loud noise levels

Are there any social skills you are working on, or would like to develop?

PARTICIPANT BEHAVIOR

Please describe your general behavior and moods?

(i.e. happy, cautious, shy, etc.)

Behavior	Check all that apply	If yes, comments required. Please list all triggers
Bites	<input type="checkbox"/>	
Easily discouraged	<input type="checkbox"/>	
Easily distracted	<input type="checkbox"/>	
Hyperactive	<input type="checkbox"/>	
Manipulative	<input type="checkbox"/>	
Physically harms self/others	<input type="checkbox"/>	
Runs away	<input type="checkbox"/>	
Other	<input type="checkbox"/>	

What motivates or encourages you?

(i.e. verbal praise, etc.)

Do you have any strong fears?

RECREATION

Are there any activities or trip locations that especially interest you?

PLEASE CHECK THE ACTIVITIES YOU ARE MOST LIKELY TO ACTIVELY PARTICIPATE:

<input type="checkbox"/>	Arts & Crafts/ Paint & Sip	<input type="checkbox"/>	Zumba/Dancing	<input type="checkbox"/>	Sporting Events
<input type="checkbox"/>	Bowling/ Bocce Ball / Laser Tag	<input type="checkbox"/>	Movies	<input type="checkbox"/>	Swimming/Pool Party
<input type="checkbox"/>	Cooking Class / Healthy Eating	<input type="checkbox"/>	Museums/History Trips	<input type="checkbox"/>	Plays/ Theatre
<input type="checkbox"/>	Music / Karaoke / Drumming	<input type="checkbox"/>	Campfire / S'mores	<input type="checkbox"/>	Walking /Hiking
<input type="checkbox"/>	Tennis/Pickleball	<input type="checkbox"/>	Boating/Fishing Activities	<input type="checkbox"/>	Golf/Driving Range
<input type="checkbox"/>	Other Ideas:	<input type="checkbox"/>	Performing Arts/Dance/Acting	<input type="checkbox"/>	Traveling

SWIMMING ABILITY *If you are a PAC member only, this section is not needed.

<input type="checkbox"/>	Non-Swimmer	<input type="checkbox"/>	Intermediate Swimmer
<input type="checkbox"/>	Beginner Swimmer	<input type="checkbox"/>	Expert Swimmer

PLEASE CHECK YOUR T-SHIRT SIZE (UNISEX):

<input type="checkbox"/>	X-Small	<input type="checkbox"/>	Large	<input type="checkbox"/>	3X-Large
<input type="checkbox"/>	Small	<input type="checkbox"/>	X-Large	<input type="checkbox"/>	4X-Large
<input type="checkbox"/>	Medium	<input type="checkbox"/>	2X-Large	<input type="checkbox"/>	Not Sure

Activity/Program Field Trip Liability Release /Authorization

I hereby give permission for the applicant to participate in all program activities, including field trips in approved vehicles Board of Education buses, M-NCPPC vans, coach buses and all other modes of transportation) and agree to release The Maryland-National Capital Park and Planning Commission, its officers, employees, and agents from all liability arising from any harm or injury incurred by the participation of my child in the program stated above, excluding the gross negligence of the Commission.

Unless otherwise indicated by a parent in writing at the time of registration, photographs of participants may be taken while participating in the program activities for use in Commission publications. No personal information other than the participant's first name will be released under any circumstances. By way of copy of this form, I authorize the staff of The Maryland-National Capital Park and Planning Commission to obtain medical/hospital treatment for the above participant, in the event of an emergency.

Signature of Applicant:

Signature or Parent/Guardian (if unable to sign):

Print Name

Date

Print Name

Date

2026 ADULT SOCIAL CLUBS MEMBERSHIP REQUIREMENTS

To join any Adult Social Club, members MUST meet the following eligibility requirements.

Please verify that the member meets the membership requirements, by initialing next to each statement:

- _____ Reside in **Prince George's County**, and has an intellectual or developmental disability
- _____ Meet the age requirements of the club (21+, some clubs are 30+)
- _____ Able to stay with the group, follow directions and participate in large community settings with a staff/participant ratio of 1:5* (i.e., sporting events, museum trips, community festivals, movies, daytrips). Able to stay with the group in a large setting.
- _____ Able to perform daily life skills (i.e., dressing, eating, toileting, mobility, etc.) with minimal staff support
- _____ Able to communicate basic needs and identification (i.e., name and phone number), either verbally or by showing an ID card or bracelet.
- _____ Complete the registration form and pay the \$70 membership fee via PARKS DIRECT.
- _____ Able to administer your own medication. Staff can distribute only with a signed *Medication Form*
- _____ If **NEW** to the adult social clubs, you **will be contacted to complete a phone in-take** prior to attending an activity out in the community. An assessment will be made within one week (7 days). Once the in-take is completed, the monthly newsletter will be sent and registration for the activity will be allowed.

If you do not meet these requirements, please refer to the CHOICES Program for social opportunities that can be attended with an aide/companion.

To join the 2026 PERFORMING ARTS CLUB, members must meet the additional eligibility requirements:

- _____ This program operates with a **staff to member ratio of 1:6**; members of this club must be independent with navigation, eating, toileting and personal care.
- _____ This program includes long periods of sitting still and quiet during theatre performances; members must be able to sit quietly for the duration of the performance without need for staff reminders/accommodations.
- _____ Complete the registration form and pay the \$65 membership fee via PARKS DIRECT.

The Commission is committed to providing quality parks and recreation opportunities in a safe, healthy, and enjoyable environment. Therefore, participants are required to conduct themselves, with or without a reasonable accommodation, in a rational and reasonable manner, and in accordance with the rules and regulations established by the Commission.

Membership Requirements Acknowledgement

I have read the membership requirements and can confirm that my participant can meet the criteria in order to participate in their desired adult social club.

Signature

Date _____

Print name _____