

# Adaptive SPORTS

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00a			Community Cycling (Seasonal)		
1:00p				Air Rifle	
2:00p		Paralympic Skill Builder		Power Soccer	
3:00p	Boccia Ball	Wheelchair Sport Team 3:15p	Adaptive Cycling (Seasonal)		Boccia Ball
4:00p					
5:00p		Goal Ball 5:30p		Wheelchair Sport Team 5:30p	

## **Boccia Ball** [ Mon & Fri 3:00p - 4:00p]

Tossing a ball has never been more fun. Join staff and friends to play and learn this paralympic sport activity. Ramps available.

## **Goal Ball** [Tues 5:30p- 7:30p]

A game of skill and senses to score against your opponents as you throw a “ball with sound” across the goal while wearing a black-out mask. Participants must be able to move independently on the floor without use of a wheelchair.

## **Paralympic Skill Builder** [Tues. 2:00-3:30p]

Practice familiar sport skills and develop new ones that will help you stay in shape and keep your competitive edge. Class will enjoy a sport rotation of w/c softball and rugby. All skill levels are welcome.

## **Power Soccer** [Thurs. 2:00p-3:30p]

Power soccer is soccer played with an extra-large soccer ball and soccer guards attached to your power chair.

## **Air Rifle Shooting** [Thurs. 1:00- 2:00p OR 2:00 -3:00p, \$20]\*\* See Outings & Special Event form

Practice the sport of air rifle shooting. Sessions held off-site at range. *Must be able to follow safety guidelines and instruction to maintain class status.*

## **Wheelchair Sport Team (Adult)** [Tues. 3:15 & Thurs. 5:00p- 7:30p]

Includes wheelchair basketball, track & field and other competitive sports. *Must be able to follow directions and participate independently.*

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## Premium Package

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### **Adaptive Cycling** [Seasonal, Wed., 3:00p-4:00p]

Class is on campus cycling in the gym and Center parking area at staff discretion (as weather permits). Participants must be able to manage safely on the cycles and transfer requiring only minimal assistance. \*Limited space available.

### **Community Cycling** [Seasonal, Wed. 8:30a - 12:00p]

Enjoy mornings cycling at River Parks and other trails as weather permits. Participants must be able to manage safely on the cycles and transfer requiring only minimal assistance. Rides will be cancelled on poor weather days. *\*Limited space available.*