

2024

Therapeutic Recreation

Franklin Park Adventure Center

Fall Session
Schedule

Sept. 16 - Nov. 23

Registration begins
Tuesday, September 10
12:30 PM



Address

1755 E. Broad Street
Columbus, OH 43203

Hours

Monday - Thursday
7:00 a.m. - 7:00 p.m.

Friday
7:00 a.m. - 4:00 p.m.

Saturday - Sunday
Closed

Important Dates

10/14 – *CLOSED* (Columbus Day /
Indigenous Peoples' Day)

11/14 – *CLOSED* (Veterans Day)

11/13 Inclusive Theater
Performance (Wizard of Oz)

11/22- *CLOSING* for Building
Renovation

Registration

Registration begins:
**Tuesday, September 10 at
12:30 PM**

Classes/programs are: **Sept.
16-Nov. 23**

Questions?

Contact the Therapeutic
Recreation Team at:
(614) 645-5648

PROGRAMS

ADAPTIVE WELLNESS

The Adaptive Wellness Program, run by passionate Occupational Therapy (OT) and Physical Therapy (PT) Ohio State students, is dedicated to enhancing the quality of life for individuals with diverse needs. Our program combines the latest therapeutic techniques with creative, personalized approaches to promote physical, emotional, and social well-being. By leveraging the fresh perspectives and academic rigor of our student practitioners, we offer tailored wellness solutions designed to foster independence and enrich daily living. Join us on a journey to wellness where innovation meets compassion and student expertise drives meaningful change.

ADULT DAY WELLNESS

The Adult Day Wellness program is designed to support and enrich the lives of older adults through a comprehensive range of activities and services. Our program promotes physical vitality, mental stimulation, and social engagement in a safe, supportive environment. With a team of dedicated professionals and engaging, personalized activities, we strive to enhance overall well-being, foster community connections, and empower individuals to live life to the fullest. Join us in creating a vibrant, nurturing space where every day is an opportunity for growth and joy.

GAMES & GABBING

The Games & Gabbing program offers a vibrant space for older adults to engage, connect, and thrive. Our program focuses on the joys of card games and meaningful social interactions while fostering cognitive stimulation, camaraderie, and laughter. With various games and activities tailored to different interests and skill levels, participants enjoy a supportive community where friendships flourish and every day is filled with fun and connection. Join us to experience the power of play and the warmth of new friendships.

ROLLING & STROLLING

This program is dedicated to enhancing mobility and overall well-being. Rolling & Strolling offers tailored activities for both walkers and wheelchair users, where we prioritize your mobility and social well-being through invigorating park walks and engaging interactions. Our program is designed to enhance your quality of life by combining the benefits of outdoor exercise with vibrant social opportunities. Join us to experience the joy of movement and the benefits of a vibrant, inclusive community.

INCLUSIVE THEATER

Join Columbus Recreation and Parks Department theater artists and Therapeutic Recreation staff as we tell the story of Dorothy and her friends through sound effects, set design, puppetry and narration! This inclusive theater experience is open to new artists and all ability levels. Participants must be able to follow instructions in a group setting. Caregivers of children under the age of 18 or for anyone requiring 1:1 support for personal care or behavior support are asked to remain on site for the duration of the program.

KIDS' CLUB

Kids' Club, where every child is celebrated and included! Our club is dedicated to creating a joyful, inclusive environment for children of all abilities. We offer a range of activities designed to engage, inspire, and support kids at all ability levels. From adaptive games and creative arts, our program is tailored to accommodate various needs and interests. With a focus on friendship, confidence, and fun, Kids' Club is a place where every child can make new friends, explore their talents, and enjoy the excitement of being part of a vibrant community. Join us for a truly inclusive experience!

ADAPTIVE OUTDOOR RECREATION

Discover the thrill of nature with Adaptive Outdoor Recreation, where adventure meets accessibility! Our program is dedicated to making the great outdoors accessible to everyone,

regardless of ability. Get creative with our accessible pumpkin carving sessions, where everyone can join in the festive fun and showcase their artistic side. Try your hand at adaptive archery, with equipment and support tailored to ensure an engaging and accessible experience for all skill levels. Enjoy a scenic pontoon ride, offering a relaxing and accessible way to experience the beauty of the water and surrounding landscapes around the campfire for stories, s'mores, and a cozy, inclusive environment where connections and memories are made.

ADAPTIVE AQUATICS

Adaptive Aquatics, where swimming is accessible and enjoyable for everyone! Our program is dedicated to providing inclusive aquatic experiences through a range of tailored activities designed to meet diverse needs and abilities. Join our Adaptive Swim Team to experience the thrill of competition. Partake in swim lessons or our adaptive swim fitness classes!

BOCCIA

Welcome to the Adaptive Boccia Team, where precision meets camaraderie in a sport designed for everyone! Our team is dedicated to providing an inclusive and supportive environment for players of all abilities to enjoy the strategic and competitive nature of boccia. Whether you're a seasoned player or new to the sport, our team offers tailored coaching and a welcoming atmosphere to help you develop your skills and connect with others. Join us for exciting matches and practice sessions where every throw counts and every player is valued!

BLIND HOCKEY

The Columbus Ice Hockey Club Blind (CIHC) Hockey program offers opportunities for all visually impaired hockey players ages 6 and up. CIHC has a developmental program for players who are new to the sport and for athletes who want to play at a competitive level. CIHC also offers opportunities to anyone interested in coaching the game. Players and coaches can participate in Disabled Hockey Festivals held in various cities around

the country at varying skill levels. The excellent coaching at CIHC focuses on skill development and growth for all players at all skill levels through on- and off-ice training.

BLIND SOCCER

Welcome to the Blind Soccer Team, where every kick, pass, and goal is driven by passion and inclusivity! Blind soccer is an adaptive sport featuring a specially designed ball that emits sound, allowing players to navigate the field and engage in the game confidently. Our team emphasizes skill development, teamwork, and sportsmanship, ensuring an exciting and accessible experience for all participants. Join us to experience the excitement of blind soccer, where every player is valued, every play matters and all share the joy of the game!

WHEELCHAIR BASKETBALL

Welcome to Wheelchair Basketball, where athletes come together to experience the excitement and inclusivity of the game! Our program offers youth and adult teams, providing a dynamic and supportive environment for players to excel and enjoy the sport. Join us to experience the thrill of wheelchair basketball, where every game is a celebration of skill, determination and teamwork!

WHEELCHAIR FOOTBALL

Welcome to the Wheelchair Football Team, where agility and teamwork redefine the game! Our dynamic squad brings together athletes passionate about football and committed to excellence on the field. We focus on fostering skill development, strategic play, and camaraderie, providing a competitive yet supportive environment for players of all levels. Join us as we push boundaries, celebrate victories, and inspire one another in every game we play. Let's kick off greatness together!

WHEELCHAIR RUGBY

Welcome to the Wheelchair Rugby Team, where grit and determination take center stage! Our team is dedicated to

the high-intensity sport of wheelchair rugby, blending raw power with strategic play. We embrace athletes of all levels, from seasoned competitors to newcomers eager to hit the court. We create an environment where every game is a chance to push limits and forge lasting bonds. Join us in experiencing the thrill of wheelchair rugby and be part of a community that celebrates resilience and camaraderie with every match. Let's make every play count!

WHEELCHAIR TENNIS

Welcome to wheelchair tennis, where passion meets possibility on the court! Our team is dedicated to promoting the sport of wheelchair tennis among youth and adults, fostering an inclusive environment where athletes of all skill levels can thrive. Whether you're a seasoned player or new to the game, join us to experience the joy of tennis!

ADAPTIVE FITNESS CENTER

Our Adaptive Fitness Center is equipped with resources to make fitness accessible to all. You will find many machine adjustments customizable to your physical needs and supportive staff present to answer questions and assist with machine setup. Any participant requiring hands-on assistance for transferring must bring a support person to assist.

Adaptive Fitness Center passes are available to purchase by session or annually. Silver Sneakers, Silver & Fit, Renew Active, and other discounts/grants may be available to help defer costs.

SESSION MEMBERSHIP

Age 50+- \$10
Age 18-49- \$50

ANNUAL MEMBERSHIP

Age 50+- \$40
Age 18-49- \$60

VOLUNTEER WITH US





SCHEDULE

Day Programs

Adaptive Wellness #107216	Age 18+	Date & Time: (Tues/Thu) 5:30-6:30 p.m.	Location: Fitness Center	Instructor: OT/PT Ohio State Students	Cost: Free
Adult Day Wellness #10786 (Tue) #10788 (Thu)	Age 18+	Date & Time: (Tue/Thu) 11 a.m.-12 p.m.	Location: Gymnasium	Instructor: Ms. Sara	Cost: Free
Games & Gabbing #107793	Age 18+	Date & Time: (Mon) 11 a.m.-12 p.m.	Location: Gymnasium	Instructor: Ms. Lindsey & Mr. Luke	Cost: Free
Rolling & Strolling #107792	Age 18+	Date & Time: (Wed) 11 a.m.-12 p.m.	Location: Outdoor	Instructor: Ms. Lindsey & Mr. Luke	Cost: Free
Inclusive Theater <i>(Wizard of Oz)</i> #107215	Age 18+	Date & Time: (Wed) 5:30-6:30pm	Location: Gymnasium	Instructor: Mr. John	Cost: Free
Kids Club #107785	Age 6-21	Date & Time: (Thu) 5:30-6:30 p.m.	Location: Gymnasium	Instructor: Ms. Lindsey & Ms. Sara	Cost: Free
Adaptive Outdoor Recreation #107065 <i>Pontoon Ride / Campfire</i>	Age 6-21	Date & Time: 9/18 6-7 p.m.	Location: McKnight Outdoor Education Center 3200 Indian Village Rd, Columbus, OH 43221	Instructor: Ms. Rae	Cost: \$5
Adaptive Outdoor Recreation #107103 <i>Pumpkin Carving</i>	Age 6-21	Date & Time: 10/16 6-7 p.m.	Location: McKnight Outdoor Education Center 3200 Indian Village Rd, Columbus, OH 43221	Instructor: Ms. Rae	Cost: \$5
Adaptive Outdoor Recreation #107220 <i>Archery</i>	Age 6-21	Date & Time: 11/13 6-7 p.m.	Location: McKnight Outdoor Education Center 3200 Indian Village Rd, Columbus, OH 43221	Instructor: Ms. Rae	Cost: \$5
Adaptive Aquatics Fitness #107783	Age 18+	Date & Time: (Tues/Thu) 10-11 a.m.	Location: Columbus Aquatics Center 1160 Hunter Ave, Columbus, OH 43201	Instructor: Ms. Rae	Cost: \$50
Adaptive Swim Club #107782	Age 6-21	Date & Time: (Sat) 9:15-10 a.m.	Location: Columbus Aquatics Center 1160 Hunter Ave, Columbus, OH 43201	Instructor: Ms. Rae	Cost: \$50 <i>Discount code available for Albatross Swim Club</i>
Adaptive Swim Lessons #107781	Age 6-21	Date & Time: (Sat) 8:30-9:15 a.m.	Location: Columbus Aquatics Center 1160 Hunter Ave, Columbus, OH 43201	Instructor: Ms. Rae	Cost: Free
Adaptive Fitness Center Registration Required	Age 18+	Date & Time: (Mon-Thu) 7 a.m-7 p.m. (Fri) 7 a.m.-1 p.m.	Location: Fitness Center	Instructor: Ms. Rhena & Mr. Taylor	Cost: Annual- \$40-\$60 Session- \$10-\$15 *grants and discounts may apply



SCHEDULE

Adaptive Sports

Boccia #107799	Age 6+	Date & Time: (Tues/Thu) 4-7 p.m.	Location: Gymnasium	Instructor: Mr Luke	Cost: Free
Wheelchair Basketball - Youth #107800	Age Youth: 6-13	Date & Time: (Sun) 1-3 p.m.	Location: Gymnasium	Instructor: Mr. Doug	Cost: Free
Wheelchair Basketball - Adult #107830	Age Adult: 14+	Date & Time: (Tues) 5-7:30 p.m.	Location: Scioto Southland Community Center 3901 Parsons Ave, Columbus, OH 43207	Instructor: Mr. Doug	Cost: Free
Wheelchair Football #107802	Age 10+	Date & Time: (Thu) 5:30-6:30 p.m.	Location: Gymnasium	Instructor: Mr. Luke	Cost: Free
Wheelchair Rugby #107803	Age 16+	Date & Time: (Sun) 10 a.m.-12 p.m.	Location: Gymnasium	Instructor: Ms. Madjo	Cost: Free
Wheelchair Tennis - Youth #107804	Age Youth: 6-13	Date & Time: (Sun) 4-5 p.m.	Location: Wolfe Park 105 Park Dr, Columbus, OH 43209	Instructor: Ms.Megan	Cost: Free
Wheelchair Tennis - Adult #107805	Age Adult: 14+	Date & Time: (Sun) 5-6:30 p.m.	Location: Wolfe Park 105 Park Dr, Columbus, OH 43209	Instructor: Ms. Megan	Cost: Free

Fitness

Inclusive Stretching #107828	Age 18+	Date & Time: (Mon) 7-7:30 a.m.	Location: Fitness Center	Instructor: Ms. Rhena	Cost: Free
Inclusive Strength #107827	Age 18+	Date & Time: (Thur) 10-11 a.m.	Location: Gymnasium	Instructor: Mr. Taylor	Cost: Free

Special Events

Family Night - Fall Tailgate #107789	Age All Ages	Date & Time: 9/19 5:30-7 p.m.	Location: Gymnasium/ Outdoor	Instructor: Ms. Lindsey & Ms.Sara	Cost: Free
Family Night - Halloween Party #107790	Age All Ages	Date & Time: 10/24 5:30-7 p.m.	Location: Gymnasium/ Outdoor	Instructor: Ms. Lindsey & Ms.Sara	Cost: Free
Family Night - Friendsgiving #107791	Age All Ages	Date & Time: 11/7 5:30-7 p.m.	Location: Gymnasium/ Outdoor	Instructor: Ms. Lindsey & Ms. Sara	Cost: Free