

WINTER 2025

THERAPEUTIC RECREATION PROGRAM GUIDE



JAN. 13–MAR. 15

Registration open Jan. 6–10



THE CITY OF
COLUMBUS
RECREATION AND PARKS

Contact

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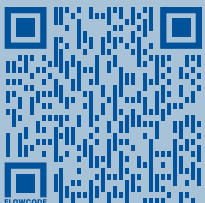
Hours

Please note that Franklin Park Adventure Center is currently closed for renovations. We're excited to upgrade and improve our facilities to better serve you. While we work on these enhancements, we appreciate your patience and understanding. During this time our staff will be operating out of Schiller Community Center and Fran Ryan Center.

Stay tuned for updates on our reopening date in June and look forward to experiencing a refreshed space soon!

Registration

Opens **Monday, Jan. 6** at 12:30 p.m. Programs run **Jan. 13 - March 15**. Scan below to register.



ANNOUNCEMENTS

CLOSURES

Please note that there will be closures at other locations on the following dates:

- New Year's Day:
Wednesday, Jan. 1
- Martin Luther King Day:
Monday, Jan. 20
- Presidents' Day:
Monday, Feb. 17

ADULT SOCIAL CLUB

The Adult Social Club program is designed to support and enrich the lives of adults through a comprehensive range of activities and services. Our program promotes mental stimulation, and social engagement. With our dedicated therapeutic recreation staff creating 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.

INCLUSIVE THEATER

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!

SIT VOLLEYBALL

Sit volleyball is a modified version of traditional volleyball, designed to be accessible for individuals of all abilities, including those with physical disabilities. Players remain seated on the court, which promotes inclusivity and allows

everyone to participate regardless of mobility. The game emphasizes teamwork, communication, and sportsmanship, creating a welcoming environment that encourages social interaction and physical activity for all participants.

PRE-SCHOOL OPEN GYM

Pre-schoolers and their parents/caretakers are welcome to come and play in Schiller Upper Gymnasium. This class does not have an instructor and adult supervision is required. Participants are welcome to bring outside toys but please remember the Schiller Community Centers rules of being safe, kind, respectful and responsible.

ADAPTIVE ARCHERY

The Adaptive Archery class is for beginner/intermediate levels. It is designed to provide individuals with physical, sensory, or cognitive disabilities the opportunity to engage in the sport of archery in a supportive, inclusive, and tailored environment. The course focuses on creating a safe and empowering space for all individuals, regardless of ability level, to explore the sport, build independence, and participate in a dynamic, goal-oriented activity.

GIRLS EMPOWERMENT

Calling all girls! Let's get together and talk about how amazing we are! We will work on leadership, communication, being supportive friends and

self-esteem through music, art and community projects.

SENIOR MEALS

Join us for a delicious meal and friendly conversation every Friday. Registration is not required but participants will need to fill out the Senior Dining Intake Form available at the Schiller Community Center front desk.

SENIOR BOCCIA

Senior Boccia will be taught according to the rules of Paralympic Boccia. Paralympic Boccia can be played individually or as a team. It is a great game that teaches strategy, sportsmanship, and competition. Everyone is welcome to play, have fun, and cheer each other on. It's a great way to stay active, be competitive, and have fun. Come and join the fun!

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. The excellent coaching at CIHC focuses on skill development and growth for all players at all skill levels through on- and off-ice training. Registration through Columbus Ice Hockey Club

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 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 newcomers to competitors 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.

FITNESS CENTER

Our fitness staff will be operating out of the Schiller Community Center (11/25-1/10) and Fran Ryan Center (1/13 - reopening). Any participant requiring hands-on assistance for transferring must bring a support person to assist.

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: \$15

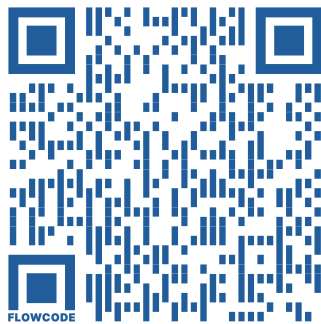
ANNUAL MEMBERSHIP

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

SUMMER CAMP REGISTRATION

Therapeutic Recreation summer camps will be visible online starting February 3. Outdoor Education Summer Camp Registration will open on February 18. General Therapeutic Recreation summer camp registration will open on February 26.

VOLUNTEER WITH US



SCHEDULE

Day Programs

Adaptive Wellness #109257	Tuesday 5:30-6:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: OSU Students	Ages: 18+	Fran Ryan Center 43 Douglas St. 43205
Adult Social Club #109258	Tuesday 11 a.m.-12 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Sara	Ages: 18+	Fran Ryan Center 43 Douglas St. 43205
Games & Gabbing #109261	Wednesday 11 a.m.-12 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Luke	Ages: 18+	Fran Ryan Center 43 Douglas St. 43205
Inclusive Theater #109259	Wednesday 6-7:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Lindsey, Ms. Sara	Ages: 6+	Fran Ryan Center 43 Douglas St. 43205
Kids' Club #109260	Wednesday 5:30-6:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Lindsey, Ms. Sara	Ages: 6-21	Fran Ryan Center 43 Douglas St. 43205
Pre-School Open Gym #108377	Monday-Wednesday 10 a.m.-12 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Michelle, Ms. Rae	Ages: 1-6	Schiller Community Center 1069 Jaeger St. 43206
Beg./Inter. Archery #108345	Friday 1-2:30 p.m.	Resident: \$15 Non-resident: \$15	Instructor: Ms. Michelle, Mr. Luke	Ages: 8+	Schiller Community Center 1069 Jaeger St. 43206
Girls Empowerment #109219	Wednesday 5:30-6:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Suzanne	Ages: 8-16	Schiller Community Center 1069 Jaeger St. 43206
Adaptive Aquatics Fitness #109669	Tuesday-Thursday 10-11 a.m.	Resident: \$50.00 Non-resident: \$50.00	Instructor: Ms. Rae	Ages: 18+	Columbus Aquatics Center 1160 Hunter Ave. 43201
Adaptive Swim Club #109672	Saturday 9:15-10 a.m.	Resident: \$50.00 Non-resident: \$50.00	Instructor: Ms. Rae	Ages: 6-21	Columbus Aquatics Center 1160 Hunter Ave. 43201
Adaptive Swim Level 1 #109670	Saturday 8-8:45 a.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Rae	Ages: 6-21	Columbus Aquatics Center 1160 Hunter Ave. 43201
Adaptive Swim Levels 2-3 #109671	Saturday 8:45-9:30 a.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Rae	Ages: 6-21	Columbus Aquatics Center 1160 Hunter Ave. 43201
Adaptive Fitness Center Registration required	Mon.-Thu.: 7 a.m.-7 p.m. Friday: 7 a.m.-1 p.m.	R: \$40 (Annual), \$10 (Session) NR: \$60 (Annual), \$15 (Session)	Instructor: Ms. Rhena, Mr. Taylor	Ages: 18+	Fran Ryan Center 43 Douglas St. 43205

SCHEDULE

Adaptive Sports

Boccia #109262	Tuesday-Thursday 3-6 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Luke	Ages: 6+	Dodge Community Center 677 Sullivant Ave. 43215
Wheelchair Basketball (Y) #109265	Sunday 3-5 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Doug	Ages: 6-13	Schiller Community Center 1069 Jaeger St. 43206
Wheelchair Basketball (A) #109263	Tuesday 5-7:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Doug	Ages: 14+	Scioto Southland Comm. Ctr. 3901 Parsons Ave. 43207
Wheelchair Rugby #109264	Sunday 12-3:00 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Madjo	Ages: 16+	Schiller Community Center 1069 Jaeger St. 43206
Sit Volleyball #TBD	TBD	Resident: FREE Non-resident: FREE	Instructor: Ms. Rae	Ages: 6+	TBD
Senior Boccia - Glenwood #109616	Friday 10am.-11am	Resident: FREE Non-resident: FREE	Instructor: Mr. Luke	Ages: 18+	Glenwood Community Center 1888 Fairmont Ave. 43223
Senior Boccia - Whetstone #109617	Monday 11 a.m.-1 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Luke	Ages: 18+	Whetstone Community Center 3923 N. High St. 43214
Senior Boccia - Gillie #109618	Thursday 11 a.m.-12:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Luke	Ages: 18+	Gillie Community Center 2100 Morse Rd. 43229
Senior Boccia - Holton #109619	Monday 9-10 a.m	Resident: FREE Non-resident: FREE	Instructor: Mr. Luke	Ages: 18+	Holton Community Center 303 N. Eureka Ave. 43204

SCHEDULE

Special Events

Archery & Hot Cocoa #109076	Jan. 22 6-7:30 p.m.	Resident: \$60.00 Non-resident: \$72.00	Instructor: Ms. Rae	Ages: 6-21	McKnight Outdoor Ed. Ctr 3200 Indian Village Rd. 43221
Reptile Night #109077	Feb. 19 6-7 p.m.	Resident: \$60.00 Non-resident: \$72.00	Instructor: Ms. Rae	Ages: 6-21	McKnight Outdoor Ed. Ctr 3200 Indian Village Rd. 43221
Bird Watching #109078	March 19 6-7 p.m.	Resident: \$60.00 Non-resident: \$72.00	Instructor: Ms. Rae	Ages: 6-21	McKnight Outdoor Ed. Ctr 3200 Indian Village Rd. 43221
LifeCare Alliance Sr. Meals #108345	Wednesday, Friday 11-11:45 a.m.	Resident: \$60.00 Non-resident: \$72.00	Instructor: Mr. Johnny	Ages: 62+	McKnight Outdoor Ed. Ctr 3200 Indian Village Rd. 43221