

SPRING 2025

THERAPEUTIC RECREATION PROGRAM GUIDE



MAR. 24 – MAY 24

Registration opens **MARCH 18**



THE CITY OF
COLUMBUS
RECREATION AND PARKS

Contact

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Franklin Park Adventure Center

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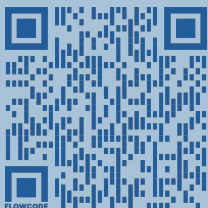
Hours

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, March 17** at 12:30 p.m. Programs run **March 24 - May 24**. Scan below to register.



ANNOUNCEMENTS

CLOSURES

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

- Memorial Day:
Monday, May 26

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

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

CREATIVE CORNER

Join Therapeutic Recreation staff

for a fun-filled hour of creativity! Each week, we'll mix it up with anew craft, game, music, or creative expression activity, providing an engaging and inclusive experience for all participants. Come join the fun and express your creativity with us!

Caregivers of children under the age of 18, or 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!

Caregivers of children under the age of 18, or anyone requiring 1:1 support for personal care or behavior support, are asked to remain on-site for the duration of the program.

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.

Caregivers of children under the age of 18, or anyone requiring 1:1 support for personal care or behavior support, are asked to remain on-site for the duration of the program

INCLUSIVE STRETCHING

Join the Therapeutic Recreation team for an instructor-led inclusive stretching class. Each class will include a warm-up and cool-down and incorporate a variety of movements to increase range of motion and flexibility. All instructions will include a seated option. Please wear comfortable clothing, tennis shoes, and bring a water bottle to each class.

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.

SENIOR MEALS

Join us for a delicious meal and friendly conversation every Monday, Wednesday, and Friday 11 a.m. -1 p.m. Registration is not required but participants will need to fill out the Senior Dining Intake Form available at the Fran Ryan 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

Where swimming is accessible and enjoyable for everyone! Our program is dedicated to offering inclusive aquatic experiences, with a variety of tailored activities designed to meet diverse needs and abilities. Whether you're looking to experience the thrill of competition, improve your skills with personalized swim lessons, or stay fit in our adaptive swim fitness classes, we have something for everyone! All ability levels are welcome!

Any swimmer who requires 1:1

support in the water must have an aide in the water with them during the class.

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!

WHEELCHAIR SOFTBALL

Our wheelchair softball team dedicated to promoting the sport and fostering an inclusive environment where athletes of all skill levels can thrive. Whether you're an experienced player or just starting out, our teams provide a supportive space to develop your skills, build confidence, and experience the thrill of the game. Join us and be part of a community that celebrates teamwork, and the love of softball!

Note: Practices start on April 24!

TRY EVENTS

Throughout 2025, Therapeutic Recreation will host monthly Try It events showcasing our adaptive sports programs. These events provide an opportunity for participants to explore new sports in a supportive and inclusive environment.

This spring session, join us for Adaptive Golf, Wheelchair Softball, and Wheelchair Rugby Try It events! Whether you're trying a sport for the first time or looking to develop new skills, these events are a great way to get involved and have fun.

FITNESS CENTER

Our fitness staff will be operating out of the Fran Ryan Center. 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

TR SUMMER CAMP

Join the waitlist for our Therapeutic Recreation Summer Camps, offering exciting and

inclusive opportunities for participants ages 6-21. Our camps include the General Therapeutic Recreation Summer Camp at Franklin Park Adventure Center and Dodge Community Center, as well as our Outdoor Education Summer Camp and Swim Camp. For more information and to join the waitlist, visit our website!

INCLUSION SUPPORT

Our Inclusion Services team works closely with families to develop individualized accommodation plans that support campers with, but not limited to, Autism, ADHD, Down Syndrome, developmental and learning disabilities, physical disabilities, sensory challenges, and emotional challenges. We provide reasonable accommodations to ensure all campers can successfully participate in camp activities.

Please note: One-on-one staffing is not provided. However, campers are permitted to have a personal support person present onsite, pending the completion of a mandatory background check.

SUMMER JOBS!

We are hiring for our Therapeutic Recreation summer day camps, which provide an inclusive environment for campers with disabilities, ages 6 to 21. These day camps focus on recreational activities that promote personal growth and social skills. The position has a pay rate of \$15/hour, and the camp runs from June 2 - Aug. 8 at Dodge Community Center and Franklin Park Adventure Center. Applicants must be 18 or older.

It's a great opportunity for students in fields like special education or therapy, and it's a Monday-to-Friday position with no weekend work required!

SCAN QR TO APPLY



Contact:

LIZawacki@columbus.gov with any questions!

VOLUNTEER WITH US



SCHEDULE

Day Programs

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|---|--|---|--------------------------------------|------------|--|
| Adaptive Wellness ##111837 | Class Closed | Resident: FREE Non-resident: FREE | Instructor: OSU Students | Ages: 18+ | Fran Ryan Center 43 Douglas St. 43205 |
| Adult Social Club ##111998 | Tuesday 11 -12 p.m. | Resident: FREE Non-resident: FREE | Instructor: Mr. Taylor | Ages: 18+ | Fran Ryan Center 43 Douglas St. 43205 |
| Kids' Club ##111146 | Wednesday 5:30-6:30 p.m. | Resident: FREE Non-resident: FREE | Instructor: Ms. Lindsey | Ages: 6-21 | Fran Ryan Center 43 Douglas St. 43205 |
| Girls Empowerment ##110995 | Wednesday 5:30-6:15 p.m. | Resident: FREE Non-resident: FREE | Instructor: Ms. Suzanne | Ages: 8-16 | Schiller Community Center 1069 Jaeger St. 43206 |
| Adaptive Aquatics Fitness ##111141 | Tuesday & Thursday 10-11 a.m | Resident: \$50.00 Non-resident: \$60.00 | Instructor: Ms. Rae | Ages: 18+ | Columbus Aquatics Center 1160 Hunter Ave. 43201 |
| Adaptive Swim Club ##111144 | Saturday 9:15-10 a.m. | Discount code available for Albatross Swim Club | Instructor: Ms. Rae | Ages: 6-21 | Columbus Aquatics Center 1160 Hunter Ave. 43201 |
| Adaptive Swim Level 1 ##111142 | Saturday 8-8:45 a.m. | Resident: \$25.00 Non-resident: \$35.00 | Instructor: Ms. Rae | Ages: 6-21 | Columbus Aquatics Center 1160 Hunter Ave. 43201 |
| Adaptive Swim Level 2-3 ##111143 | Saturday 8:45-9:30 a.m. | Resident: \$25.00 Non-resident: \$35.00 | Instructor: Ms. Rae | Ages: 6-21 | Columbus Aquatics Center 1160 Hunter Ave. 43201 |
| Inclusive Stretching ##112372 | Monday & Thursday 7:15 -7:45 a.m. | Resident: FREE Non-resident: FREE | Instructor: Ms. Rhena | Ages: 18+ | Fran Ryan Center 43 Douglas St. 43205 |
| Arts, Sports & More ##111893 | Monday 10:45-11:45 a.m. | Resident: FREE Non-resident: FREE | Instructor: Ms. Rae | Ages: 6-21 | Fran Ryan Center 43 Douglas St. 43205 |
| Creative Corner ##112374 | Wednesday 6:30 - 7:30 p.m. | Resident: FREE Non-resident: FREE | Instructor: Mr. Doug | Ages: 6-21 | Fran Ryan Center 43 Douglas St. 43205 |
| Adaptive Archery ##111686 | Fridays 1 - 2:30 p.m. | Resident: \$15.00 Non-resident: \$18.00 | Instructor: Ms. Michelle | Ages: 6-21 | Schiller Community Center 1069 Jaeger St. 43206 |
| Adaptive Fitness Center Registration required | Mon.-Thu.: 7 a.m.-3:30.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

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| Boccia #111356 | Tuesday / Thursday 4-6 p.m | Resident: FREE Non-resident: FREE | Instructor: Mr. Luke | Ages: 6+ | Dodge Community Center 677 Sullivant Ave. 43215 |
| Wheelchair Softball #111355 | Thursday 6 - 9 p.m. | Resident: FREE Non-resident: FREE | Instructor: Mr. Dave | Ages: 16+ | Rhodes Park 1910 W Broad St. 43223 |
| Senior Boccia - Gillie #112371 | Thursday 11 a.m.-12:15p.m. | Resident: FREE Non-resident: FREE | Instructor: Mr. Luke | Ages: 18+ | Gillie Community Center 2100 Morse Rd. 4322 |
| Senior Boccia - Glenwood #112370 | Friday 10 a.m. -12 p.m | Resident: FREE Non-resident: FREE | Instructor: Mr. Luke | Ages: 18+ | Glenwood Community Center 1888 Fairmont Ave. 43223 |
| Senior Boccia - Holton #112258 | Monday 11 a.m. - 12:15 p.m. | Resident: FREE Non-resident: FREE | Instructor: Mr. Luke | Ages: 18+ | Holton Community Center 303 N. Eureka Ave. 43204 |
| Senior Boccia - Thompson #112260 | Tuesday 11 a.m. -12 p.m. | Resident: FREE Non-resident: FREE | Instructor: Mr. Luke | Ages: 18+ | Thompson Community Center 1189 Dennison Ave. 43201 |
| Senior Boccia - Marion Franklin #112355 | Wednesday 11 a.m. - 12:30 p.m. | Resident: FREE Non-resident: FREE | Instructor: Mr. Luke | Ages: 18+ | Marion Franklin Center 2801 Lockbourne Rd. 43207 |

Special Events

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|---|-------------------------------|--|----------------------------|----------------|---|
| Family Night - Spring Fling #111677 | April 17th 5:30- 7 p.m. | Resident: FREE Non-resident: FREE | Instructor: Ms. Lindsey | Ages: All Ages | Fran Ryan Center 43 Douglas St. 43205 |
| Family Night - Garden Party #111678 | May 15th 5:30- 7 p.m. | Resident: FREE Non-resident: FREE | Instructor: Ms. Lindsey | Ages: All Ages | Fran Ryan Center 43 Douglas St. 43205 |
| Try Event - Sit Volleyball #112373 | April 12th 1:30 -3:30 p.m. | Resident: FREE Non-resident: FREE | Instructor: Ms. Savanna | Ages: 6+ | Schiller Center 1069 Jaeger St. 4320 |
| Try Event - wC Softball #111720 | April 24th 6-8 p.m. | Resident: FREE Non-resident: FREE | Instructor: Mr. Dave | Ages: 16+ | Rhodes Park 1910 W Broad St. 43223 |
| Try Event - WC Rugby #111721 | May 22nd 1-3 p.m. | Resident: FREE Non-resident: FREE | Instructor: Ms. Madison | Ages: 16+ | Adventure Center 1755 E. Broad St. 43203 |
| Adaptive Outdoor Education - Birds #109078 | March 19th 5:30 - 7 p.m | Resident: \$5.00 Non-resident: \$5.00 | Instructor: AOR Team | Ages: 6-21 | McKnight Outdoor Education 4322 |
| Adaptive Outdoor Education - #TBD | April 16th 5:30 - 7 p.m. | Resident: \$5.00 Non-resident: \$5.00 | Instructor: AOR Team | Ages: 6-21 | McKnight Outdoor Education 4322 |