

FALL 2025

THERAPEUTIC RECREATION PROGRAM GUIDE

SEPT. 15–NOV. 22
Registration opens **Sept. 9**



THE CITY OF
COLUMBUS
RECREATION AND PARKS

Contact

Andrea Norris
(614) 645-5648

Espy Adaptive Sports Complex

1755 E. Broad St.
Columbus, OH 43203

Hours

Sunday
Closed

Monday
7 a.m.- 7 p.m.

Tuesday
7 a.m. - 7 p.m.

Wednesday
7 a.m. - 7 p.m.

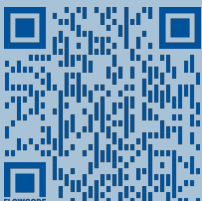
Thursday
7 a.m. - 7 p.m.

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

Saturday
Closed

Registration

Opens **Tuesday, Sept. 9** at 12:30 p.m. Programs run **Sept. 15 - Nov. 22**. Scan below to register.



ANNOUNCEMENTS

CLOSURES

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

- **Labor Day:**
Monday, Sept. 1
- **Columbus Day:**
Monday, Oct. 13
- **Thanksgiving:**
Thursday, Nov. 27

NOTE

For all therapeutic recreation programming caregivers of participants under the age of 18 or those needing 1:1 support for personal care or behavior must remain on-site for the duration of the program.

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 PICKLE BALL

Adaptive Pickleball for Adults!

Get in the game with Adaptive Pickleball—a fun, fast-paced sport that combines elements of tennis, badminton, and ping pong! This program is designed for adults with physical and intellectual disabilities, offering a supportive and inclusive environment to learn the game, build skills, and enjoy friendly play.

Whether you're brand new or have some experience, our sessions focus on fitness, hand-eye coordination, and teamwork—all while having fun and staying active.

Have **questions?** Contact program instructor **Taylor Mack** a **TSMack@columbus.gov**.

ADAPTIVE WELLNESS

Adaptive Wellness is a 10-week functional fitness and wellness program designed for adults with physical and intellectual disabilities. This program focuses on whole-person wellness through adapted strength training, mobility exercises, and practical wellness education—all tailored to meet each participant's unique needs!

CARDS, CARDS, CARDS

Join us for a fun and relaxed card game social! Whether you're a seasoned player or just starting out, all are welcome to learn and play classics like

Euchre, Pinochle, and Cribbage.

This program is a great way to meet new people, sharpen your skills, and enjoy some friendly competition in a welcoming environment.

Questions? Contact Program Instructor **Luke Edelbrock**, at **lpedelbrock@columbus.gov**.

CREATIVE CORNER

Join Therapeutic Recreation staff for a fun and engaging hour of creativity! Each week offers something new—whether it's a craft, a game, music, or another form of creative expression. This inclusive program is designed for all ability levels and encourages participants to explore, create, and connect.

KIDS CLUB

Kids Club is led by Miss Lindsey and takes place every Tuesday for children ages 6–12. This weekly hangout is designed for children of all abilities to play, connect, and explore through a variety of engaging, structured activities. From active games and outdoor play to creative crafts and sports, each session is packed with opportunities to move, make, and mingle in a safe, supportive environment.

Note: Parents/guardians are not required to stay on-site unless their child needs 1:1 support for personal care or behavioral needs—in which case, we kindly ask that they remain for the

duration of the program.

Questions? Contact Program Instructor **Lindsey Zawacki** at **lizawacki@columbus.gov**.

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.

LETS TALK ABOUT IT

Join us for a supportive and informative class designed for parents and caregivers of children with disabilities or behavioral challenges. This session will focus on practical behavior management strategies, effective communication techniques, and ways to support positive social and emotional development at home and in the community. The class will be led by one of our summer camp directors, Torria Huge - Registered Behavior Technician, Independent Provider.

Questions? Contact Program Instructor **Torria Huge** at **torriahuge77@gmail.com**

SENIOR BOCCIA

Discover the fun and strategy of **Senior Boccia**—a relaxed, social, and inclusive program designed especially for older adults! Whether you're new to the sport or just want to stay active and sharp, Boccia is a great way to improve focus, coordination, and friendly competition in a low-impact environment.

Join us for regular practice sessions where you can learn the game at your own pace, connect with peers, and enjoy the camaraderie that comes from playing together. **Adaptive equipment is available** for use during practices.

Questions? Reach out to our Boccia Coach, **Luke Edelbrock**, at **lpedelbrock@columbus.gov**

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

Join the Boccia Team! Step into the world of Paralympic Boccia—an exciting sport that builds focus, strategy, and competitive spirit. Our team is open to players of all abilities and experience levels, offering a welcoming and inclusive environment where everyone can grow, connect, and compete.

Our program has proudly supported three athletes in reaching Paralympic-level competition—and we're ready to support you on your journey, too! **Adaptive equipment** is available for use during practices.

Questions? Reach out to our Boccia Coach, **Luke Edelbrock** at lpedelbrock@columbus.gov.

WHEELCHAIR BASKETBALL

Welcome to Adult and Youth Wheelchair Basketball—where competition, community, and athleticism come together! Whether you're a seasoned athlete or new to the game, our adult team provides a supportive and energizing environment for players to build skills, stay active, and compete at both recreational and competitive levels.

Join us this season as we hit the court with passion and purpose. Each practice and game is an opportunity to develop your game, connect with teammates, and celebrate the strength and determination that define this incredible sport. **Sports chairs are available** for use during practices.

Have **questions?** Contact our coach, **Doug Dumas**, at DADumas@columbus.gov.

WHEELCHAIR TENNIS

Welcome to Wheelchair Tennis – inviting individuals with physical disabilities to hit the court for fitness, fun, and community. Whether you're new to the sport or looking to refine your game, all skill levels are welcome—no experience needed!

Join us for a season of movement, connection, and growth as we serve up opportunities to build skills, make new friends, and enjoy the game in a supportive, accessible environment.

Have **questions?** Please contact **Coach Megan Yates** at meganjy8s@gmail.com.

WHEELCHAIR RUGBY

Join the Wheelchair Rugby Team—open to adults of all experience levels. Whether you're new to the sport or

looking to continue your competitive journey, this program offers a structured, team-focused environment to build skills, stay active, and connect with others.

Practices include conditioning, strategy, and game play, with an emphasis on teamwork and skill development. Sports chairs are available for use during practices.

Have **questions?** Contact Coach **Madison Hyzdu** at maddjo58@gmail.com.

FITNESS 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

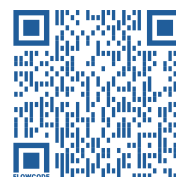
Age 18-49: \$15

ANNUAL MEMBERSHIP

Age 50+: \$40

Age 18-49: \$60

VOLUNTEER WITH US



SCHEDULE

Day Programs

Adaptive Wellness ##11837	Tuesday 5:30pm - 6:30pm	Resident: FREE Non-resident: FREE	Instructor: OSU Students	Ages: 18+	Espy Adaptive Sports Complex 1755 E. Broad St. 43203
Adult Social Club ##114115	Tuesday 11 -12 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Taylor	Ages: 18+	Espy Adaptive Sports Complex 1755 E. Broad St. 43203
Kids' Club ##115696 & 115807	Tuesdays & Wednesdays 5pm - 6:30pm	Resident: \$10 Non-resident: \$20	Instructor: Ms. Lindsey	Ages: 6-12	Espy Adaptive Sports Complex 1755 E. Broad St. 43203
Creative Corner - Adults ##116243	Tuesday 12:15 - 1:15p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Brittany	Ages: 18+	Espy Adaptive Sports Complex 1755 E. Broad St. 43203
Adaptive Aquatics Fitness ##114452	Tuesday & Thursday 9:30- 10 a.m	Resident: \$50.00 Non-resident: \$60.00	Instructor: Ms. Rae	Ages: 18+	Columbus Aquatics Center 1160 Hunter Ave. 43201
Adaptive Swim Club ##114974	Tuesdays & Thursdays 5-7 p.m.	Resident: \$50 Non-resident: \$60	Instructor: Ms. Rae	Ages: 6-21	Columbus Aquatics Center 1160 Hunter Ave. 43201
Adaptive Swim Level 1 ##114972	Saturday 8- 8:45 a.m.	Resident: \$48 (\$3/class) Non-resident: \$48 (\$3/class)	Instructor: Ms. Rae	Ages: 6-21	Columbus Aquatics Center 1160 Hunter Ave. 43201
Adaptive Swim Level 2-3 ##114973	Saturday 8:45-9:30 a.m.	Resident: \$48 (\$3/class) Non-resident: \$48 (\$3/class)	Instructor: Ms. Rae	Ages: 6-21	Columbus Aquatics Center 1160 Hunter Ave. 43201
Inclusive Stretching ##115882	Monday & Thursday 7:15 -7:45 a.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Rhena	Ages: 18+	Espy Adaptive Sports Complex 1755 E. Broad St. 43203
Valmee Fitness Training ##115804, ##115805, ##115806	Wednesdays 8-10 a.m., 10 a.m.-12 p.m., 2-4	Resident: FREE Non-resident: FREE	Instructor: Mr. Taylor	Ages: All	Espy Adaptive Sports Complex 1755 E. Broad St. 43203
Cards, Cards, Cards ##114083	Wednesdays 10 a.m.-12 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Luke	Ages: 16+	Espy Adaptive Sports Complex 1755 E. Broad St. 43203
Let's Talk About It ##115903	Wednesdays 5:30-6:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. T	Ages: 18+	Espy Adaptive Sports Complex 1755 E. Broad St. 43203
Adaptive Fitness Center Registration required	Mon.-Thu.: 7 a.m.-3:30 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+	Espy Adaptive Sports Complex 1755 E. Broad St. 43203
Creative Corner - Kids ##115828	Wednesdays 6:30 -7:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Doug	Ages: 6-21	Fran Ryan Center 865 E Capital St. 43205
Adaptive Pickle Ball ##114386	Monday & Thursdays 12-1:15pm	Resident: FREE Non-resident: FREE	Instructor: Mr. Taylor	Ages: 18+	Espy Adaptive Sports Complex 1755 E. Broad St. 43203
Basketball Skills ##114401	Mondays 5pm - 6:30pm	Resident: FREE Non-resident: FREE	Instructor: Mr. Taylor	Ages: All Ages	Espy Adaptive Sports Complex 1755 E. Broad St. 43203
Wheelchair Football ##113983	Tuesday 5pm - 6:30pm	Resident: FREE Non-resident: FREE	Instructor: Mr. Luke	Ages: 6+	Espy Adaptive Sports Complex 1755 E. Broad St. 43203

SCHEDULE

Adaptive Sports

Boccia Team - Practice #114058	Tuesdays 2-5 p.m. Thursdays 3-6:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Luke	Ages: 12+	Espy Adaptive Sports Complex 1755 E. Broad St. 43203
Senior Boccia #114057	Tuesdays 10:30 a.m. - 1:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Luke	Ages: 18+	Espy Adaptive Sports Complex 1755 E. Broad St. 43203
Wheelchair Basketball - Adult #114221	Tuesdays 5:30-7:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Doug	Ages: 17+	Scioto Southland Community Center 3901 Parsons 43207
Wheelchair Basketball - Adult #115826	Thursdays 5:30-7:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Doug	Ages: 17+	Espy Adaptive Sports Complex 1755 E. Broad St. 43203
Wheelchair Basketball - Youth #115827	Sundays 1-3 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Doug	Ages: 6-17	Espy Adaptive Sports Complex 1755 E. Broad St. 43203
Wheelchair Rugby #115841	Sundays 3-6 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. MadJo	Ages: 16+	Espy Adaptive Sports Complex 1755 E. Broad St. 43203
Wheelchair Tennis - Adult #115844	Sundays 5-6:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Megan	Ages: 18+	Wolfe Park 105 Park Dr. 43207
Wheelchair Tennis - Youth #115845	Sundays 4-5 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Megan	Ages: 18+	Wolfe Park 105 Park Dr. 43207

Special Events

Family Night - Halloween Party #115705	Thursday 10/23 5:30-7 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Lindsey	All Ages	Espy Adaptive Complex 1755 E. Broad St. 43203
Family Night - Friendsgiving #115706	Thursday 11/13 5:30pm - 7pm	Resident: FREE Non-resident: FREE	Instructor: Ms. Lindsey	All Ages	Espy Adaptive Complex 1755 E. Broad St. 43203
Wheelchair Track Clinic #117238	Saturday 11/15 1:30pm -3:30pm	Resident: FREE Non-resident: FREE	Instructor: Ms. Rae	Ages: 6-21	Espy Adaptive Complex 1755 E. Broad St. 43203