

WINTER 2026

# THERAPEUTIC RECREATION PROGRAM GUIDE

**JAN. 12–MARCH 14**

Registration opens Jan. 6



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.

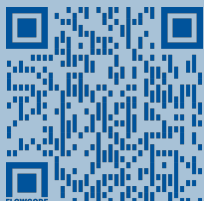
Thursday  
7 a.m. - 7 p.m.

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

Saturday  
Closed

## Registration

Opens **Tuesday, Jan. 6** at 12:30 p.m. Programs run **Jan. 12 - Mar. 14**. Scan below to register.



# ANNOUNCEMENTS

## CLOSURES

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

- **New Years Day:**  
Thursday, Jan. 1
- **Martin Luther King Day:**  
Monday, Jan. 19
- **Presidents' Day:**  
Monday, Feb. 16

## 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.

All classes, schedules, and fees are subject to change!

## ADULT SOCIAL CLUB

The Adult Social Club program is designed to support and enrich the lives of adults through a wide variety of activities while promoting mental enrichment 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 PICKLEBALL

**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.

## 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 and enjoy some friendly competition in a welcoming environment.



## 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, or another form of creative expression. This inclusive program is designed for all abilities and encourages participants to explore, create, and connect.

## KIDS CLUB

Kids Club 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.

## KIDS COOKING

Kids Cooking takes place on Mondays for youth ages 6–21. It is a fun, hands-on cooking program that uses food as a way to build essential life-skills. Through simple recipes, kids will practice following directions, measuring ingredients, and working cooperatively with their peers. Each session ends with enjoying what they have prepared together, fostering social connections and a sense of accomplishment.

## INCLUSIVE THEATER

Join us for an exciting new program! Participants will learn the basics of performing arts through interactive games and activities. From script interpretation to acting techniques, this program lays the foundation for any aspiring thespians to begin their exploration of the enchanting world of theater. On the final day of camp, we will have a brief presentation for family and friends to showcase what we have learned so far. No prior theater experience required!

## 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.

## BOCCIA

Join the Boccia Team and experience an exciting sport that builds focus, strategy, and a 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.

## BOCCIA OPEN PLAY

Discover the fun of Boccia in a relaxed, social, and inclusive way. Boccia is a great way to improve focus, coordination, and build friendships in a low-impact environment.

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.

## BOCCIA SKILLS & DRILLS

Training for the Senior Games? Thinking about joining the team, but want to refine your skills? Join us for Boccia Skills and Drills to receive technical instruction and coaching on strategy during competition.

## 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 aquatic 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.

## 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 teams provide 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.

## 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.

**Sports chairs are available** for use during practices.

## 4 FOOT HOOPS

Our 4 Foot Hoops program is designed for players of all abilities. This program emphasizes fundamental skill development and teamwork in a supportive environment. With lower hoops, everyone has the opportunity to successfully shoot, score, and enjoy the game at their own pace.

## 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, and Renew Active may be available to defer costs.

Please note that a Therapeutic Recreation Fitness Pass can only be used at the Espy Adaptive Sports Complex!

## SESSION MEMBERSHIP

Age 50+: \$10  
Age 18-49: \$15

## ANNUAL MEMBERSHIP

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

## TR SUMMER CAMP

Therapeutic Recreation Summer Camps are an inclusive camp experience for youth with and without disabilities ages 7-21. Campers engage in fun and exciting weekly theme-based activities to strengthen social skills, increase leisure awareness and practice emotional regulation.

This camp offers a staff to camper ratio of 1:3. Therapeutic Recreation staff are unable to provide 1:1 care for campers who require individual support for behaviors, elopement, medical, or personal care needs. 1:1 care providers who are coordinated by the caregiver are welcome to attend camp with campers.

**Have questions?** Contact Lindsey at [lizawacki@columbus.gov](mailto:lizawacki@columbus.gov)

## VOLUNTEER WITH US



# SCHEDULE

## Day Programs

<b>Adaptive Wellness</b> #5129	Tuesdays 5:30 - 6:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: OSU Students	Ages: 18+	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Adult Social Club</b> #5161	Fridays 10:30 a.m. - 11:30 a.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Luke	Ages: 18+	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Kids' Club</b> #6121	Tuesdays 5:30 - 6:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Lindsey	Ages: 6-12	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Kids Cooking</b> #5977	Mondays 5:30 - 6:30 p.m.	Resident: FREE Non-resident: FREE	Instructors: Ms. Brittany & Ms. Emily	Ages: 18+	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Adaptive Aquatics Fitness</b> #5251	Tuesdays & Thursdays 9:30 - 10:30 a.m.	Resident: \$50.00 Non-resident: \$60.00	Instructor: Ms. Rae	Ages: 18+	Columbus Aquatics Center 1160 Hunter Ave.   43201
<b>Adaptive Swim Club</b> #5119	Tuesdays & Thursdays 5 - 7 p.m.	Resident: \$50 Non-resident: \$60	Instructor: Ms. Rae	Ages: 6-21	Columbus Aquatics Center 1160 Hunter Ave.   43201
<b>Adaptive Swim Level 1</b> #5096	Saturdays 8 - 8:45 a.m.	Resident: \$48 Non-resident: \$48	Instructor: Ms. Rae	Ages: 6-21	Columbus Aquatics Center 1160 Hunter Ave.   43201
<b>Adaptive Swim Level 2-3</b> #5131	Saturdays 8:45 - 9:30 a.m.	Resident: \$48 Non-resident: \$48	Instructor: Ms. Rae	Ages: 6-21	Columbus Aquatics Center 1160 Hunter Ave.   43201
<b>Inclusive Stretching</b> #5940	Mondays & Thursdays 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
<b>4 Foot Hoops</b> #5089	Tuesdays 5:30 p.m. - 6:30 p.m.	Resident: FREE Non-resident: FREE	Instructors: Mr. Luke & Mr. Bennie	Ages: All	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Cards, Cards, Cards</b> #5485	Wednesdays 12pm - 1pm	Resident: FREE Non-resident: FREE	Instructor: Mr. Luke	Ages: 16+	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Boccia Open Play</b> #7280	Tuesdays 10:30 a.m. - 12:00 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Luke	Ages: 16+	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Inclusive Theater</b> #6948	Thursdays 5:30 p.m. - 6:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Emily Jo	Ages: 6-21	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Creative Corner</b> #5675	Wednesdays 5:30 - 6:30 p.m. No Class 1/28 or 2/11	Resident: FREE Non-resident: FREE	Instructor: Mr. Doug	Ages: 6-21	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Adaptive Pickleball</b> #5138	Mondays & Thursdays 12 - 1:15 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Taylor	Ages: 18+	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Basketball Skills &amp; Drills</b> #5353	Mondays 5 - 6:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Taylor	Ages: All Ages	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Wheelchair Rugby</b> #6436	Sundays 4 - 7 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Maddy	Ages: 16+	Espy Adaptive Sports Complex 1755 E. Broad St.   43203

# SCHEDULE

## Adaptive Sports

<b>Boccia - Team Practice</b> #5426	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
<b>Boccia Skills &amp; Drills</b> #6225	Tuesdays 12:00 p.m. - 1:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Luke	Ages: 18+	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Wheelchair Basketball - Adult</b> #5286	Tuesdays 5:30 - 7:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Doug	Ages: 17+	Scioto Southland Community Center   3901 Parsons   43207
<b>Wheelchair Basketball - Adult</b> #5174	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
<b>Wheelchair Basketball - Youth</b> #6440	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
<b>Valemee Fitness Training</b> #6410, #6403, #6404	Wednesdays 8-9 a.m., 9-10 a.m., 10-11 a.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Taylor	Ages: ALL	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Valemee Fitness Training</b> #6368, #6353, #6484	Wednesdays 11 - noon, 2 - 3 p.m., 3 - 4 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Taylor	Ages: ALL	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Valemee Fitness Training</b> #6484, #6408, #6430	Thursdays 3-4 p.m., 4-5 p.m., 5-6 p.m.	Resident: FREE Non-resident: FREE	Instructor: Mr. Taylor	Ages: ALL	Espy Adaptive Sports Complex 1755 E. Broad St.   43203

## Special Events

<b>Family Night - Christmas Party</b> #6511	Thursday 12/18 5:30 - 7 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Lindsey	All Ages	Espy Sports Complex 1755 E. Broad St.   43203
<b>Family Night - New Years</b> #5748	Thursday 1/15 5:30 - 7 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Lindsey	All Ages	Espy Sports Complex 1755 E. Broad St.   43203
<b>Family Night - Valentine's Dance</b> #5747	Thursday 2/5 5:30 - 7 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Rae	Ages: 6-21	Fran Ryan Center 865 E. Capital St.   43205