

SPRING 2026

# ESPY ADAPTIVE SPORTS COMPLEX PROGRAM GUIDE



**MAR. 23–MAY 23**  
Registration open **March 17**



THE CITY OF  
**COLUMBUS**  
RECREATION AND PARKS

## Contact

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**Andrea Norris**

614-645-5648

## Espy Adaptive Sports Complex

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1755 E. Broad St.  
Columbus, OH 43203

## Hours

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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.

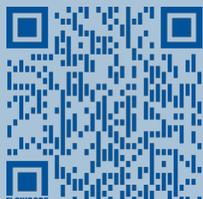
Friday  
7 a.m. - 4 p.m.

Saturday  
Closed

## Registration

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Opens **Tuesday, Mar. 17** at 12:30 p.m. Programs run **March 23 - May 13**. Scan below to register.



# ANNOUNCEMENTS

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## 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 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. 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

## **CHAIR AEROBICS**

Join the Therapeutic Recreation team for an instructor-led chair aerobics class. Each class will include a warm-up and cool-down and incorporate a variety of movements to increase range of motion and flexibility!

## **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.

## 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!

## ANNUAL MEMBERSHIP

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

## TR SUMMER CAMP

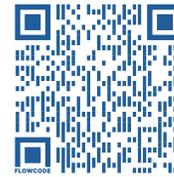
Therapeutic Recreation Summer Camps are an inclusive camp experience for youth with and without disabilities ages 7-21. Campers engage in fun and exciting weekly theme-based activities to strengthen social skills, increase leisure awareness and practice emotional regulation.

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> #7627	Tuesdays 5:30 - 6:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: OSU PT/OPT Club	Ages: 18+	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Adult Social Club</b> #7624	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> #7626	Tuesdays 5:30 - 6:30 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Emily	Ages: 6-12	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Kids Cooking</b> #7625	Mondays 5:30 - 6:30 p.m.	Resident: FREE Non-resident: FREE	Instructors: Ms. Emily	Ages: 18+	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Adaptive Aquatics Fitness</b> #7536	Tuesdays & Thursdays 9a.m. - 10a.m.	Resident: \$50.00 Non-resident: \$116	Instructor: Ms. Rae	Ages: 18+	Columbus Aquatics Center 1160 Hunter Ave.   43201
<b>Adaptive Swim Club</b> #7537	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> #7643	Saturdays 8:45 - 9:30 a.m.	Resident: \$53 Non-resident: \$116	Instructor: Ms. Rae	Ages: 6-21	Columbus Aquatics Center 1160 Hunter Ave.   43201
<b>Adaptive Swim Level 2-3</b> #7644	Saturdays 12p.m. - 12:45p.m.	Resident: \$53 Non-resident: \$116	Instructor: Ms. Rae	Ages: 6-21	Columbus Aquatics Center 1160 Hunter Ave.   43201
<b>Inclusive Stretching</b> #7592	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>Chair Aerobics</b> #7610	Tuesdays 12pm - 1pm	Resident: FREE Non-resident: FREE	Instructors: Ms. Ronda	Ages: All	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Cards, Cards, Cards</b> #7623	Wednesdays 12pm - 1pm	Resident: FREE Non-resident: FREE	Instructor: Mr. Luke	Ages: 18+	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Boccia Open Play</b> #7619	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> #7629	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> #7628	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> #7621	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> #7622	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>Mindful Movement</b> #7858	Wednesdays 1pm - 2pm	Resident: FREE Non-resident: FREE	Instructor: Mr. Paul	Ages: 18+	Espy Adaptive Sports Complex 1755 E. Broad St.   43203

# SCHEDULE

## Adaptive Sports

<b>Boccia - Team Practice</b> #7615	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> #7620	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 Rugby</b> #7618	Sundays 4p.m - 7 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Madison	Ages: 16+	Espy Adaptive Sports Complex 1755 E. Broad St.   43203
<b>Wheelchair Basketball - Adult</b> #7616	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> #TBD	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> #7633,7634,7635	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> #7636,7637,7638	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> #7639,7640,7641	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 - March Madness</b> #7631	Thursday, March 19th 5:30 - 7 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Emily Jo	All Ages	Espy Sports Complex 1755 E. Broad St.   43203
<b>Family Night - Earth Day</b> #7632	Wednesday, April 22nd 5:30 - 7 p.m.	Resident: FREE Non-resident: FREE	Instructor: Ms. Emily Jo	All Ages	Espy Sports Complex 1755 E. Broad St.   43203