Therapeutic Recreation Activities

**Power Soccer**
Join us for this exciting and interactive sport! Power Soccer is a wheelchair based sport that uses similar rules to soccer.
Contact **Luke Edelbrock at (614) 645-0257** for additional information.

**Adaptive Swim**
Swimmers must be able to swim one length of the pool (25m) before the start of swim team. All four Competitive strokes will be covered. Competition is optional.
Contact **Rae Nutter at (614) 654-5225** for additional information.

**Boccia**
Boccia is a game that can be enjoyed by persons of all ages and abilities. Come and join our Boccia Team and our quest to be the best!
Contact **Luke Edelbrock at (614) 645-0257** for additional information.

**Wheelchair Basketball**
Wheelchair basketball is basketball played by people in wheelchairs and is considered one of the major disabled sports practiced.
Email **Rick Swauger at swauger@ee.net** for additional information.

**Wheelchair Football**
Stretching, Techniques, Skills, and Drills will be taught by instructor Luke Edelbrock and former Ohio State Buckeye & NFL star Roger Harper!
Contact **Luke Edelbrock at (614) 645-0257** for additional information.

**Quad Rugby**
Wheelchair rugby is a team sport for athletes with a disability. It is practiced in over twenty-five countries around the world and is a summer Paralympic sport.
Email **ASPO at info@adaptivesportsohio.org** for additional information.

**Goalball**
This 3 on 3 team sport was designed primarily for the blind and visually impaired but is welcome to all participants with or without disabilities.
Contact **Jim Debus at jmdebus@columbus.rr.com** for additional information.

**Get Fit - Get Healthy**
A Family fitness, recreation, and educational program to promote healthy lifestyles for youth age 12-18 with disabilities.*
Contact **Mary Beth Moore at (614) 645-5648** for additional information.

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