

# 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.

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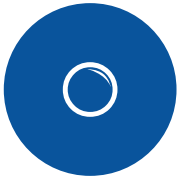


## Adaptive Swim

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.

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## 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.

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## 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](mailto:swauger@ee.net) for additional information.

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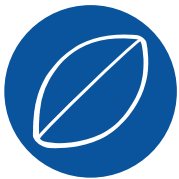


## Wheelchair Football

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.

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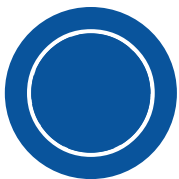


## Quad Rugby

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](mailto:info@adaptivesportsohio.org) for additional information.

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## 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](mailto:jmdebus@columbus.rr.com) for additional information.

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## 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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THE CITY OF  
**COLUMBUS**  
MICHAEL B. COLEMAN, MAYOR

RECREATION AND PARKS  
DEPARTMENT