



Adaptive

Get Involved!

Adaptive Rec programs are designed for people with disabilities, and are for ages 18+, unless otherwise noted. Classes and activities are structured for different levels of ability. All Adaptive Rec programs require registration. Participants must complete a Participant Information Form before attending. Fees do not include the cost of meals and admission, unless otherwise noted. For more information call 541-683-5311.

Have Questions?

New participants are welcome to call before registering for programs. Staff are available to discuss recreation resources and opportunities. Certified Therapeutic Recreation Specialists are available to answer questions regarding the activities that are most appropriate for you, a family member or an individual in your care.

Participation

Every effort will be made to reasonably accommodate each individual. However, if a person's conduct poses physical harm or risk to self or others, as indicated in the Patron Code of Conduct, they may be removed from programs. Personal Support Workers are welcome to attend programs to support individuals with behavioral and/or personal care needs. PSWs are required to register for programs. Call the front desk to register, 541-682-5311.

Inclusion Services

Eugene Rec staff is committed to making all reasonable efforts to ensure that its facilities, programs and services are accessible to and usable by all people. Individuals with disabilities are welcome to participate in any City of Eugene Recreation program within the eligibility requirements (age, prerequisites, etc.).

When additional support is required for successful participation in Eugene Recreation programs, staff utilize the Inclusion Services process to determine programmatic modifications and/or individual support plans that best fit the participant.

To initiate the Inclusion Services process, please discuss your request upon registration in person, over the phone or online at least two weeks in advance.

For additional information and/or questions regarding Inclusion Services, please call 541-682-5311 or email recadaptive@eugene-or.gov.

Volunteer With Us!

Looking for a fun and engaging volunteer opportunity? Your enthusiasm, involvement and support with participants is essential to the quality of Adaptive Recreation Services. No previous experience necessary – training and feedback are provided for all volunteers. If you or your group are interested in volunteering any amount of time, please call 541-682-5311 or email recadaptive@eugene-or.gov.

TWO REGISTRATION PERIODS

- A** Classes starting Sep 8-Oct 31, registration opens Sep 3, 9a
- V** Classes starting Nov 1-Dec 31, registration opens Oct 22, 9a

Bicycling

Adapted Bike & Equipment Services All ages

Adaptive Recreation Services maintains a unique fleet of adaptive equipment, including all-terrain wheelchairs and bikes such as recumbent trikes, tandems and hand cycles. Individual and group services can be provided to support adaptive recreational equipment needs for people of varying abilities and skill levels, including fittings and rentals. For more information call 541-682-5311 or visit our website.

All services are at Hilyard Community Center

Adapted Bike Assessment & Fitting

Staff assess needs and recommend equipment. Designed for people with limited mobility, disabilities, medical conditions or those who wish to preview equipment before rental or purchase.

By appointment, available M-F 9a-5p

A Ongoing \$5 #10926

Adapted Bike Rental

Available after initial fitting or assessment.

By appointment, available M-F 9a-5p

A Ongoing
 \$5/half hour #10927 \$20/half day #10929
 \$10/hour #10928 \$40/day #10930
 \$50/weekend #10931

Hiking

Boxed numbers **A** indicate activity levels, see key on page 41.

Nature Walks **A**

Spend Wednesday afternoons outdoors this fall utilizing local parks and trails for hiking and games. Patrons may hike up to 2 miles per outing. Bring your own water bottle and snack. Dress for active play and wear athletic shoes. The group will meet at hiking location each week. The schedule will be provided before the first class. All-terrain wheelchairs available upon request. Designed for people with disabilities.

Meet at hiking locations TBA

A Sep 16-Oct 28 W 1-2:30p \$52.50 #10877
A Sep 16-Oct 28 W 3-4:30p \$52.50 #10879

Music

Karaoke

Join us online for karaoke night! Designed for people with disabilities and their friends and family.

Virtual

A Sep 15-Oct 27 Tu 5-6:30p \$24.50 #11536
V Nov 3-Dec 15 Tu 5-6:30p \$24.50 #10894

Social Gatherings

Disability Awareness Movie Club

Movies about people with disabilities will be shown online and discussed. All community members are welcome.

Virtual

A Sep 17-Oct 29 Th 5-7:30p \$35 #11537
V Nov 5-Dec 17 Th 5-7:30p \$30 #10895
 No movie Nov 26

Connection Club

Join us online as we work together to plan and implement fun activities with different topics each week like healthy cooking, trivia, show-and-tell, videos, games, education, socialization and self-care activities. This program is a life and social skill-building class. Please register for one day only Monday, Wednesday or Friday. Designed for people with disabilities.

Virtual

V Nov 2-Dec 14 M 3:15-4:45p \$24.50 #10887
V Nov 4-Dec 16 W 3:15-4:45p \$21 #10889
V Nov 6-Dec 18 F 3:15-4:45p \$21 #10890
 No class Nov 11, 27

Saturday Night Action

Join friends for Saturday night fun. Designed for people with disabilities.

Autumn Festival

Join us online wearing your Halloween costumes. We will have activities, games, a costume contest and social time.

Virtual

A Oct 31 Sa 6:30-8p \$5 #10883

FriendsGiving

Join online for a time of giving thanks, friendship and activities. A harvest dinner will be delivered to your home at the start of the evening. Please let us know about any dietary restrictions at time of registration.

Virtual

V Nov 21 Sa 6:30-8p \$10 #10897

Adaptive

Outdoor Games

Have fun and challenge your friends to an outdoor game on the patio. Designed for people with disabilities.

Hilyard Community Center

A Sep 14-Oct 26	M	4-5p	\$17.50	#10869
A Sep 15-Oct 27	Tu	4-5p	\$17.50	#10871
A Sep 17-Oct 29	Th	4-5p	\$17.50	#10872
A Sep 18-Oct 30	F	4-5p	\$17.50	#10874

Support Groups

Brain Injury Group (BIG) All ages

This group is for people who've experienced a brain or head injury. Meetings offer weekly opportunities to share experiences and information on an informal basis. For more information call Curtis Brown at 541-998-3951.

Hilyard Community Center

Ongoing Tu 11a-1p Free Drop-in

More support groups are on page 29.

Accessible Pursuits

Are you looking for exciting and rewarding activities for your group? Organizations, agencies and individuals are invited to participate in the Accessible Pursuits services. It uses the expertise and resources of Adaptive Rec to design a recreation program that meets your specific needs.

In addition, City staff can present clinics, workshops, in-services and trainings in adaptive recreation and inclusion services for employees, participants and family members.

The benefits include:

- Activities that are affordable and tailored to the needs of your organization and clients.
- Access to a wide variety of adapted equipment and services.
- Activities that are safe and accessible.
- Activities that are designed by Certified Therapeutic Recreation Specialists and other trained and knowledgeable staff.

Accessible Pursuits focuses on helping participants discover their own innate talents, acquire greater independence, and develop enduring peer relationships that are instrumental to improving the quality of their lives. Let Accessible Pursuits bring fun directly to you. For more information, call 541-682-5311.

Wellness

Safe, Strong & Free

Co-ed participants will learn about boundaries, physical and verbal self-defense, touching and relationships. Sensitive information is discussed. Designed for people with intellectual/developmental disabilities.

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V Nov 6-Dec 18 F 1:30-3p \$60 #10896
No class Nov 27

Fitness for All

This fun fitness class is just right for all abilities. It uses energizing circuit training and motivating activities with positive support. Learn quality exercises and move toward a healthier you. Designed for people with disabilities.

Hilyard Community Center

A Sep 14-Oct 30 MF 2-3:15p \$56 #10866
A Sep 15-Oct 29 TuTh 5:30-6:45p \$56 #10868

Virtual

V Nov 2-Dec 18 MF 5:15-6:30p \$52 #10905
No class Nov 27

Dance Fusion

Have fun and get fit with this unique dance fitness class. Learn basic moves to multicultural music as you shake, shimmy and salsa your way to a healthier you. Designed for people with disabilities.

Hilyard Community Center

A Sep 16-Oct 28 W 5:30-6:45p \$28 #10880
A Sep 18-Oct 30 F 5:30-6:45p \$28 #10882

Virtual

A Sep 18-Oct 30 F 5:30-6:45p \$28 #10903
V Nov 4-Dec 16 W 3:30-4:45p \$24 #10904
V Nov 4-Dec 16 W 5-6:15p \$24 #10906
No class Nov 11

5K Training Team

Join us to train to walk or run a 5K race! Learn exercise techniques, nutrition strategies, appropriate clothing options and get the support of your team while having your best race! We will participate in a virtual race on the last day. Designed for people with disabilities.

Hilyard Community Center

A Sep 14-Oct 26 M 5:30-7p \$38.50 #10875