

Adaptive



Program Information

All classes are designed for people with disabilities, and are for ages 18+, unless noted otherwise.

Classes & Activities

These classes and activities are designed for people with disabilities. Courses are structured for different levels of ability. All Adaptive Recreation courses require registration. *A Participant Information Form is required before attendance.* Fees do not include the cost of meals at events, unless otherwise noted. For more information call 541-682-5311.

Orientation

Staff are available to discuss recreation opportunities. Please call for an interview before registering for classes. A Certified Therapeutic Recreation Specialist can help answer your questions regarding the activities that are most appropriate for you, a family member or an individual in your care.

Conduct

Every effort will be made to reasonably accommodate each individual, however, if a person's conduct poses physical harm, risk to self or to others, he/she may be removed from City programs and activities.

Inclusion Services

Programs offered by Eugene Rec are open to people with disabilities. It's as easy as 1-2-3:

- 1) Discuss your request for inclusion services with the person taking your registration and/or
- 2) Request accommodations *at least two weeks in advance* using a City of Eugene inclusion request form at GetRec.org/recinclusion.
- 3) Once a request has been received, a Recreation staff person will contact you.

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, including individuals with disabilities.

For additional information and/or questions on inclusion, accessibility and accommodations call 541-682-5311.

Wanted: Volunteers

Your friendship and involvement with participants in the Adaptive Rec program is critical. You need not be an expert – support and feedback are provided for all volunteers. If you or your group are interested in volunteering any amount of time, and if you'd like to have fun and interesting experiences helping others, please call 541-682-5311.

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 GetRec.org/recadaptive.

All services at Hilyard Community Center

Adapted Bike Assessment & Fitting

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

By appointment \$5 #2939

Adapted Bike Rental

Available after initial fitting or assessment.

By appointment
 \$5/half hour #2938 \$40/day #2935
 \$10/hour #2937 \$50/weekend #2934
 \$20/half day #2936

Adapted Bike Demo Day All ages

Come see and demo a variety of adaptive bikes, including recumbents, trikes, hand cycles and tandems during Bike Week, May 13-17.

Campbell Community Center
 May 17 F 9:30a-1p Free Drop-in

Cooking

International Kitchen Ages 18+

Adventure with cuisine from around the globe in our accessible kitchen. Learn about culture, meal planning, budgeting and cooking. Basic knife handling skills are recommended.

Hilyard Community Center
 Jul 11-Sep 12 Th 6-8p \$93 #3191



Events

50th Anniversary Celebration All ages

Adaptive Recreation Services is 50 years old! Come and celebrate with us at our open house featuring live music, special performances, adaptive bike rides and more!

Hilyard Community Center
 Aug 16 F 3-6p Free Drop-in

Adaptive Rec Pool Party All ages

Celebrate the 50th anniversary of Adaptive Recreation Services this summer at Amazon Pool. Adaptive Recreation has rented the entire Amazon Pool facility for people with disabilities, their families and friends. Lounge, wade, swim, play – enjoy the evening fun! Cost is \$3 per person, including caregivers, personal staff, family members and friends.

Amazon Pool
 Aug 16 F 6:30-8:30p \$3 Drop-in

Social Gatherings

Friday Recreation Ages 18+

Join in popular recreation interests and explore exciting activities, planned and implemented by enthusiastic Adaptive Rec interns. Bring your own lunch. Community Outings available with separate registration.

All activities meet at Hilyard Community Center

Friday Rec Sessions
 Jul 12-Aug 2 F 12-2p \$20 #2917
 Aug 16-Sep 6 F 12-2p \$20 #2918

Community Outings
 Lunch & a movie at the mall
 Aug 9 F 11a-3p \$25 #2919
 Pizza & mini golf at Roaring Rapids
 Sep 13 F 11a-3p \$25 #2920

Adaptive

Garden Stewards Ages 18+

Planting, weeding and friendship building at GrassRoots Gardens. We will plant and harvest vegetables, while increasing our appreciation for nature. Activities occur on varying levels of uneven terrain.

Hilyard Community Center

Jul 12-Aug 2	F	9:30-11:30a	\$30	#3190
Aug 16-Sep 6	F	9:30-11:30a	\$30	#3591

Hilyard Social Club Ages 22-49

Join in as we work together to plan and implement fun activities and community ventures. This program is designed as a community integration, life and social skill-building class. Please only register for Tuesday or Thursday class, not both.

Hilyard Community Center

Jul 9-Sep 10	Tu	1:30-4p	\$77	#2921
Jul 11-Sep 12	Th	1:30-4p	\$77	#2922

Saturday Night Action Ages 18+

Join friends for Saturday night fun. Light snacks and drinks will be provided.

BBQ & Lawn Games

Spend the evening playing some bocce and other lawn games. Light refreshments and barbecue appetizers will be provided.

Hilyard Community Center

Jul 20	Sa	6-8:30p	\$15	#2923
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Emeralds Game

Ticket included in registration. Cheer on the home team as we watch the Eugene Emeralds take on the Boise Hawks.

Meet at Hilyard Community Center

Aug 3	Sa	6-9:30p	\$21	#2925
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Hawaiian Night

Come wearing your Hawaiian print shirts and grass skirts. We will have crafts and games and do the hula.

Hilyard Community Center

Aug 31	Sa	6-8:30p	\$15	#2924
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Summer Nights Ages 18+

In this program for those who identify as female, we will be creative, explore leisure interests and enjoy local events in the community while working on our self-esteem in a safe environment.

Hilyard Community Center

Jul 10-Aug 28	W	6-8:30p	\$88	#2932
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Wii & Games Ages 18+

Have fun and challenge your friends to a Nintendo Wii game, a board game or an outdoor game on the patio. A healthy snack will be provided.

Hilyard Community Center

Jul 8-Sep 9	M	3:15-4:15p	\$28	#2913
Jul 10-Sep 11	W	3:15-4:15p	\$31	#2914
Jul 12-Sep 13	F	3:15-4:15p	\$31	#2915

No class Sep 2

Special Interest

Adaptive Scrabble Ages 21+

For people who've experienced a stroke and are interested in playing cards, table games, outings and socializing with others. The program is provided by the University of Oregon Communication Disorders and Sciences program. Volunteers are available to assist participants. For more information, contact Elise Peltier at 541-346-2589 or elisep@uoregon.edu.

Hilyard Community Center

Jul 11-Aug 8	Th	1:30-3p	Free	Drop-in
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The LOUD Crowd Ages 18+

The University of Oregon Communication Disorders and Sciences program is pleased to offer a maintenance program to help individuals with Parkinson's disease regain and maintain effective communication. The LOUD Crowd is led by a speech language pathologist and graduate clinicians. In order to participate, people must first complete the SPEAK OUT! therapy. For more information or to schedule a speech evaluation, please contact Sierra Corbin at 541-301-8901 or scorbin@uoregon.edu, or Jayme Sloan at 541-346-0923 or jaymes@uoregon.edu.

Hilyard Community Center

Jul 2-Sep 24	Tu	2-3p	Free	Drop-in
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Sports

Athletes In Motion Ages 6+

Athletes in Motion is designed to introduce and support continued involvement of people with physical disabilities in wheelchair sports, fitness and recreation opportunities. Adaptive equipment is provided. Current offerings include sailing, tree climbing, adaptive rock climbing, adaptive paddling and adaptive cycling. For more information call 541-682-5311 or email Carly at cschmidt@eugene-or.gov.

Adaptive Tree Climbing

A giant cedar tree awaits you in Washburne Park. It's hard work, but it's worth it!

Meet at Hilyard Community Center
Jul 12 W 5:30-8:30p \$5 #2948

Adaptive Sailing

Take a leisurely cruise around Fern Ridge Reservoir on an accessible sailboat, "Quadzilla." Bring a sack dinner or eat beforehand.

Meet at Hilyard Community Center
Jul 17 W 5:30-8:30p \$5 #2947

Adaptive Watercraft Day

Try a new activity on the Alton Baker Canoe Canal. There will be opportunities to try a kayak, a stand-up paddleboard and a raft. Expect to get wet and you must be able to flip yourself from face down to face up when in the water.

Meet at Hilyard Community Center
Aug 7 W 12:30-4:30p \$5 #4332

Wellness

Dance Fusion Ages 18+

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.

Hilyard Community Center
Jul 12-Sep 13 F 4:30-5:30p \$42 #2912

Fitness for All Ages 18+

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

Hilyard Community Center
Jul 8-Sep 11 M, W 4:30-5:30p \$78 #2868
No class Sep 2

Hiking & Biking Ages 18+

Spend Friday nights outdoors this summer utilizing local parks and trails for hikes, biking, sports and games. Class may hike up to two miles and bike ride up to 10. Bring your own dinner. Dress for active play and wear athletic shoes. Adaptive hiking and biking equipment provided as needed. Helmets required for all bike riders.

Meet at Hilyard Community Center
Jul 12-Aug 2 F 5:45-8:30p \$62 #2930
Aug 9-30 F 5:45-8:30p \$62 #2931

Water Fun Fit Ages 18+

This class will improve your cardiovascular fitness, strength and balance as well as help you relax. Designed for people with disabilities who can independently access the pool. If hands-on support is needed for successful participation, please call 541-682-5311.

Amazon Pool
Jul 9-Aug 1 TuTh 10-11a \$51.50 #2926
Aug 6-29 TuTh 10-11a \$51.50 #2927

Youth Activities

Fishing Adventure Ages 12-21

This is a combined fishing trip with Amazon teen campers and Adaptive Recreation campers to provide a unique experience to play and learn together. Designed to give young people with developmental disabilities and young people without, the opportunity to go together on a marvelous fishing adventure. All you need is a desire to learn and grow while having fun. All equipment provided.

Meet at Hilyard Community Center
Jul 5 F 8:30a-3:30p \$40 #3828

Safety & Swim Skills Ages 5-12

This class focuses on basic water safety and introduction to swimming skills. Designed for kids who need extra support and modified teaching techniques. Instructors and volunteers provide unique and fun activities in an inclusive and supportive environment. No online registration available. For questions or to register call 541-682-5311.

Amazon Pool
Jul 9-Aug 1 TuTh 9:15-10a \$60 #2928
Aug 6-29 TuTh 9:15-10a \$60 #2929



**ADAPTIVE
RECREATION
CITY OF EUGENE**

*Adaptive Rec is celebrating 50 years of programs and services,
and Hilyard is celebrating 30 years as the home for
recreation programs for people with disabilities.*

Join us for a summer celebration!

Friday, August 16 • 3-6pm

**Celebrate Adaptive Rec and our many community partners in celebration:
Vendors, performances, historical information, and free activities in the park!**

**Hilyard Community Center
2580 Hilyard Street
541-682-5311**



Support Groups

ALS Support Group Ages 21+

For people living with Lou Gehrig's Disease, families, caregivers and friends. Meetings are free, offer speakers on relevant topics and are designed to share information as well as strategies for preserving independence and quality of life. For more information call 541-990-1246.

Hilyard Community Center
Ongoing 2nd W 3-5p Free Drop-in

Amputee Support Group All ages

Power On With Limb Loss hosts meetings for amputees and people with physical challenges, which include speakers and peer mentorship to support people with physical challenges to help build independence and improve quality of life. For more information, contact Paula Free at 541-510-5866 or 123poweron@gmail.com.

Crescent Park Senior Living, 2951 Coburg Rd.
Ongoing 4th W 6:30-8:30p Free Drop-in

Brain Injury Group (BIG) All ages

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

Hearing Loss Association of Lane County All ages

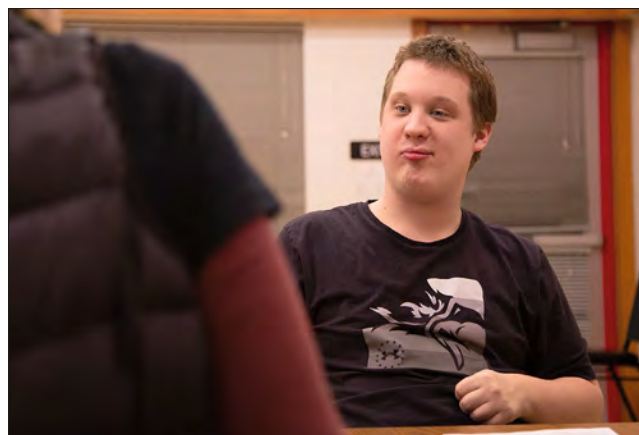
For people experiencing hearing loss, their families, caregivers and friends. Meetings offer education on relevant topics such as technology, employment, communication, medication and more. Meetings provide informal opportunities to socialize and find support in coping with hearing loss. For more information contact Clark Anderson at clarkoa@msn.com or visit hearinglosslane.org.

Hilyard Community Center
Jun 13, Sep 12 Th 6:30-9p Free Drop-in

Mama I'm Low All ages

This is a local non-profit organization created to provide emotional and practical support for families of children living with Type 1 diabetes. It gives kids from preschool to teens opportunities to connect through monthly fun activities. It offers twice-monthly parent support groups, an educational speakers series and caregiver seminars for family members, friends and babysitters. For information, locations and calendar call 541-484-0591 or visit mamaimlow.com.

Ongoing Dates/times vary Free Drop-in



Support for Independent Living with Visual Impairment (SILVI) All ages

For people living with visual impairment. Informal meetings offer opportunities to share experiences and information. For more information call 541-682-5311.

Hilyard Community Center
Ongoing 2nd/4th F 11:30a-1:30p Free Drop-in

More support groups are on page 86.

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.

Adaptive

Trips

Dates	Day	Time	Title	Cost
Jun 8	Sa	9:30a-2:30p	Tour Willamette Confluence Preserve	Free
Jul 13	Sa	9a-4p	Lavender Festival & McKenzie River Picnic	\$30
Jul 20	Sa	11a-4p	Berry Picking & Picnic	\$25
Jul 21	Su	10a-4p	Elkton Center & Dorena Lake	\$30
Jul 27	Sa	10a-4p	Blackberry Jam Festival	\$30
Aug 4	Su	9:30a-5:30p	Play Day at the Coast*	\$45
Aug 9	F	11a-3p	Community Outing: Mall & Movie	\$25
Aug 17	Sa	9a-5p	Cascade Range Hike	\$30
Aug 23/25	Leave 1p F, return 3p Su		Kindtree Retreat Transportation	\$20
Sep 7	Sa	9:30a-2:30p	Tour Willamette Confluence Preserve	Free
Sep 7	Sa	10a-5:30p	Sand Dunes Adventure*	\$55
Sep 13	F	11a-3p	Community Outing: Roaring Rapids	\$25
Sep 14	Sa	8:30a-5:30p	Evergreen Air & Space Museum	\$60
Sep 20	F	9a-5:30p	Oregon Coast Aquarium	\$65
Sep 29	Su	9a-4p	Silver Falls Hike	\$30



*Please register for one coast trip, not both.

All trips meet at Hilyard Community Center (unless noted otherwise), are designed for people with disabilities and are for ages 18+. Personal support workers must register by calling 541-682-5311.

Tour of the Willamette Confluence Preserve

The Willamette Confluence Preserve features extensive habitats that are endangered in the Willamette Valley. The Nature Conservancy and The Friends of Buford Park are working with other partners to reconnect the river to its historic floodplain across 20 ponds in this former gravel mining site. During the tour, volunteers will lead visitors around the preserve, highlighting the conservation efforts, human history and natural features. This tour is intended for people who are unable to walk the four miles typically required for tours. Bring a lunch, water and dress for the weather. There are no bathrooms.

Meet at Campbell Community Center

Jun 8	Sa	9:30a-2:30p	Free	#2893
Sep 7	Sa	9:30a-2:30p	Free	#2894

Lavender Festival & McKenzie River Picnic

Drive the beautiful McKenzie River Highway to the McKenzie River Lavender Festival, located just outside

Springfield. The festival offers a lavender labyrinth, specialty lavender products from oils to skin care essentials, you-cut lavender, a country bazaar of local artisans, food, music and lavender refreshments.

Jul 13	Sa	9a-4p	\$30	#2949
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Berry Picking & Picnic

Head out to the blueberry fields near Creswell to pick your own berries. Then we'll eat lunch and berries and go for a small hike at Mount Pisgah. Bring a lunch and \$10 for snacks and blueberries.

Jul 20	Sa	11a-4p	\$25	#2951
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Elkton Center & Dorena Lake

Take a drive to the Elkton Educational Community Center to tour the Butterfly Pavilion, a native plant nursery and historic trading fort. Bring a sack lunch.

Jul 21	Su	10a-4p	\$30	#2950
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Blackberry Jam Festival

The Blackberry Jam Festival is a wholesome community event in Lowell featuring great music, unique crafts, fun and delicious food. Bring money for lunch and souvenirs.

Jul 27	Sa	10a-4p	\$30	#2952
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Play Day at the Coast 🇺🇸

Soak up the sun, fly kites and play games on the beach. Beach wheelchair available for those with accessibility barriers. Bring a picnic lunch and optional money for snacks. Please only register for one coast trip, this one or Sand Dunes Adventure.

Aug 4 Su 9:30a-5:30p \$45 #2953

Community Outing: Mall & Movie 🇺🇸

Spend the day out of the summer heat! Lunch and a movie at the mall. Bring money for lunch and \$8 for the movie.

Aug 9 F 11a-3p \$25 #2919

Salt Creek Falls Hike 🇺🇸

Enjoy the scenery and spend part of the day hiking the trails. Participants will hike up to 3 miles, rain or shine. Bring a sack lunch and optional money for snacks. Wear good walking shoes and dress for the weather.

Aug 17 Sa 9a-5p \$30 #2955

Kindtree Retreat Transportation

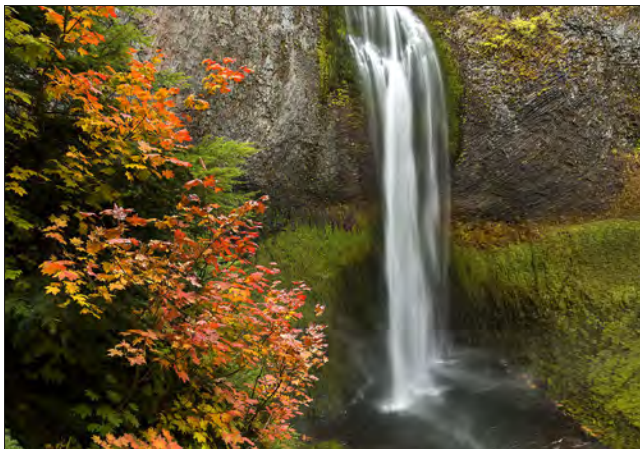
For people who need a ride to the “Autism Rocks” Kindtree Family Retreat and back. Leave at 1 p.m. Friday and return to Hilyard at 3 p.m. Sunday. Round-trip or one-way Friday or Sunday. You must register for the camp through Kindtree.

Aug 23/25 F/Su #2956/#4793
\$20 round trip/\$10 one way

Sand Dunes Adventure 🇺🇸

Join friends on a giant dune buggy on the Oregon Dunes. Admission is included in registration fee. Bring a lunch. Not recommended for those who use wheelchairs or walkers. Please only register for one coast trip, this one or Play Day at the Coast.

Sep 7 Sa 10a-5:30p \$55 #2954



Community Outing: Roaring Rapids 🇺🇸

Pizza and mini-golf at Roaring Rapids and Camp Putt. Bring money for lunch and \$6.50 for mini-golf.

Sep 13 F 11a-3p \$25 #2920

Evergreen Air & Space Museum 🇺🇸

Join in to explore wonders like the Spruce Goose — the largest flying boat ever built — and other antique aircraft. Museum admission is included in registration. Bring money for lunch and souvenirs.

Sep 14 Sa 8:30a-5:30p \$60 #2957

Oregon Coast Aquarium 🇺🇸

Visit the sea creatures and learn about ocean life. Registration fee includes admission. Bring money for lunch, snacks and souvenirs.

Sep 20 F 9a-5:30p \$65 #2958

Silver Falls Hike 🇺🇸

Experience the beauty of Silver Falls’ 10 cascading waterfalls and enjoy nature’s wonders along the hiking trail. Bring a sack lunch to have a picnic. Involves hiking for up to two hours on uneven terrain and hills. Wear good walking shoes and dress for the weather.

Sep 29 Su 9a-4p \$30 #2959

Activity Level Ratings

- Level 1** Little walking. OK for those with walkers, wheelchairs or walking difficulties.
- Level 2** Moderate walking. Similar to that at a shopping center or large museum.
- Level 3** Walking of 1-2 miles (1 to 1.5 hours), as on a walking tour of gardens or the zoo. May be steps or hills.
- Level 4** Walking of 3-6 miles on moderate trails. May be rough, hilly or at higher altitude. Access to medical help may be limited.
- Level 5** Long hikes of 5+ miles. May be very rough, hilly or high altitude. Access to medical help may be limited.

Consult your physician before participating in any trips/activities to be sure they are appropriate for you. Weather and/or trail conditions may change unpredictably. These levels are approximations only; your experience may vary.

Trip Policies

Fees include bus transportation, leadership and insurance, unless noted otherwise. Meals and admission to venues are not included in the fee unless noted otherwise in the description. Every attempt is made to follow the itinerary; if circumstances beyond our control do not allow that to happen, no refunds will be given.