



AIR | Adaptive & Inclusive Recreation

Adaptive and Inclusive Recreation offers a variety of quality recreational programs and special events for individuals of all abilities.



Adaptive and Inclusive Recreation (AIR) is committed to providing positive recreation experiences and opportunities for participants of all abilities. We have exciting programs and events planned for you.

Explore all the programs offered through Parks & Recreation at gsoparksandrec.com. Through our inclusion support services, we provide modifications upon request for individuals with disabilities in our general recreation programs. To request inclusion support services, please contact us at air@greensboro-nc.gov. Please note, programs are subject to cancellation due to current health and safety guidelines.

<<FIRST NAME>> <<LAST NAME>>
<<ADDRESS>>
<<CITY>> <<STATE>> <<ZIP>>

FOUR ways to register:

- 1 **ONLINE:** www.greensboro-nc.gov/air
- 2 **MAIL:** Use enclosed form & mail to:
**2400 16th Street
Greensboro, NC 27405**
- 3 **PHONE:** 336-373-2626
- 4 **DROP OFF:** Greensboro Sportsplex,
2400 16th St.
Call to schedule a time.

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PROGRAM AND TRANSPORTATION POLICIES

All participants must adhere to the following:

1. Pre-registration is required for all programs, and **all registration fees must be paid within 7 days in advance of the activity**. If event/transportation fees are not paid by the deadline, you will be moved to the wait list.
2. By registering for this program, you are consenting to all waivers signed.
3. If a trip reservation requires prepayment, the tickets are non-refundable and non-transferable.

Transportation:

1. Pick up times will vary depending on the route and time of the scheduled activity. Bus route normally starts at 8 am. Be ready!
2. Participants will be picked up and dropped off at their registered residence. We are not able to drop you off at another location.
3. Select programs offer transportation (based on space available) for individuals who live within Greensboro city limits.

Safety Guidelines:

1. For the safety of all participants, please stay with the group for the entire trip/program. Notify a staff member should an emergency arise.
2. All participants agree to follow specified COVID-19 safety precautions.
3. If you have any COVID-19 symptoms, have been exposed, or are awaiting COVID-19 test results, you will notify the AIR office to cancel your registration.



TRANSPORTATION

Cancellation:
You MUST call 336-373-2042 at least 48 hours in advance of program.

Inclement Weather:
If Guilford County Schools are delayed or canceled, programs will be canceled.

Inclement Weather Hotline:
336-373-2042 (Mark Robertson)

NEW! Intro to Adaptive Paddling

In partnership with GetOutdoors Pedal and Paddle, come for a session for individuals with physical disabilities. More info at shopgetoutdoors.com or 336-294-3918.

GetOutdoors Pedal & Paddle
1515 W Gate City Blvd



Fall Dance

All Ages
Thursday, October 27
6-8 pm

Put on your dancing shoes and join your friends for the annual fall dance!

Lindley Recreation Center
2907 Springwood Dr



Saturday Bowling

All Ages
If you enjoy bowling, this program is right up your alley! Ramps and bumpers are available.

**September 24, October 22,
November 12, December 10**
Saturdays • 9:30-11 am

FEE: \$20

Triad Lanes
21 Oak Branch Dr



Piedmont Adaptive Sports Expo

All Ages
Saturday, November 5
11 am to 2 pm

Try a variety of adaptive sports such as goalball, wheelchair tennis, sitting volleyball and bocchia. No experience needed!

Greensboro Sportsplex
2400 16th St

CAST (Carolinas Adaptive Standing Tennis) Tournament

All Ages
Play with adaptive standing tennis players from all over the world. For those who have played in the past or who are new to the sport.

October 7-9



Youth CAST Clinic

Ages 5-17
For individuals with physical disabilities using adaptive techniques to compete and learn the sport of tennis.

October 8 • 4 pm

Pinetop Sports Club
3723 Pinetop Rd

For more info and registration on the tournament or clinic, go to www.gretanc.com/cast_carolinasadaptivestanding/

SPORTS FOR ALL AGES

Challenger Flag Football

AGES: 10-35
August 26 - October 29 (no 9/2)
Fridays, 6-7:30 pm
FREE



Designed for individuals with disabilities to learn new skills and compete in a league against other teams in the Triad area. Some Saturdays or Sundays may be needed.

Practices and games will vary in location.

Registration: 336-373-2626 or www.greensboro-nc.gov/air

Challenger Cheerleading

AGES: 10-35
August 26 - October 29 (no 9/2)
Fridays, 6-7:30 pm
FREE



Designed for individuals with disabilities to learn new cheer skills and routines. Some Saturdays or Sundays may be needed.

Practices and games will vary in location.

Registration: 336-373-2626 or www.greensboro-nc.gov/air

Adaptive Golf Clinics

AGES 7+
September 17, October 15, November 19
Saturdays, 9-10:30 am
FREE

Designed to teach adaptive techniques for individuals with physical disabilities or limitations. Golf professionals offer instruction to both introduce people to the game and to get others back in the game.

Gillespie Golf Course

306 E. Florida St

Registration: 336-373-2626 or www.greensboro-nc.gov/air



Wheel Serve Piedmont

AGES 18+
 Clinics are held twice a month. Exposes athletes to the sport of wheelchair tennis. Equipment provided.



Deep River Recreation Center Courts

1529 Skeet Club Rd, High Point

Information and Registration: www.gretanc.com/Wheel_Serve_Piedmont/

For an ongoing list of adaptive sport opportunities, visit www.greensboro-nc.gov/AIR

★ FOR THE VETERANS ★

PGA HOPE (Helping Our Patriots Everywhere)

September 9 - October 21
Fridays, 1-3 pm
FREE

A golf program for ALL military veterans that provides free golf instruction taught by local PGA Professionals. All abilities welcome.

Gillespie Golf Course

306 E. Florida St

Registration: 336-373-2626 or www.greensboro-nc.gov/air



VI GROUP CLUBS

This program is for participants with visual impairments and their families.

GATE CITY BLIND BOWLERS

For more information, contact:

Melody Inglesby
336-587-5725

VI TRAVEL GROUP

For more information, contact:

Martha DeLoach
336-662-5923

FOR AGES 18+

Bowling/Social Hour

September 13 - November 15
Tuesdays, 10-11:30 am

Get ready to roll! In this weekly program we'll socialize and try to top our best scores! *Adaptive equipment available if needed.*
FEE: \$2 PER GAME



Triad Lanes

21 Oak Branch Dr

Chair Fitness/ Social Hour

September 9 - November 18
Fridays, 10:30-11:15 am

No Class November 11

A gentle form of fitness exercises practiced sitting in a chair.

Smith Active

Adult Center

2401 Fairview St

COMMUNITY DAY TRIPS



Who doesn't like to take an adventure! We will go out into the community to explore new places and socialize with peers. Times specified are arrival times at locations.

		EVENT FEE	TRANSPORTATION FEE	WALKING
September 7	Harbor Inn 11:30 am 2408 S Church St, Burlington, NC 27215	Free	Free	
September 15	Richard Petty Museum/Lunch 10 am 311 Branson Mill Rd, Randleman, NC 27317	\$12	Free	
September 22	Mrs. Hanes Moravian Cookies/Lunch 10 am 4643 Friedberg Rd, Clemmons, NC 27012	\$8	\$4	
September 29	Lake Higgins/Fishing/Kayaking 10 am 4235 Hamburg Mill Road, Summerfield, NC 27358	Free	Free	
October 5	Carolina Classic Fair 10 am Winston-Salem Fairgrounds 421 27th St NW, Winston-Salem, NC 27105	Free	\$5	
October 13	Rudd Farm/Lunch 10 am 4021 Hicone Road, Greensboro, NC 27405	Free	Free	
October 19	Fall Foliage/Buffer Lunch 9 am Blue Ridge Parkway	\$30	\$8	
October 27	Bingo at Greensboro Sportsplex 10 am 2400 16th St, Greensboro, NC 27405	\$3	Free	
November 3	Kabuto Noon 1617 Stanley Rd, Greensboro, NC 27407	Free	Free	
November 10	Tanger Outlets 10 am 4000 Arrowhead Blvd, Mebane, NC 27302	Free	\$5	
November 17	Wooden Loft/Lunch 10 am 233 N Main St, Kernersville, NC 27284	\$25 CRAFT FEE	Free	
December 1	Shopper's Day at Four Seasons 10 am 410 Four Seasons Town Centre, Greensboro, NC 27407	Free	Free	
December 8	Holiday Party at Greensboro Sportsplex 11 am 2400 16th St, Greensboro, NC 27405	\$10	Free	
December 19	HPU Christmas Lights and Dinner 3:30 pm 1 N University Pkwy, High Point, NC 27268	Free	Free	

VIRTUAL PROGRAMS



Whisk It Wednesdays

AGES 10+

Wednesdays on Zoom

5:15-6:30 pm

September 21 - October 26

Crazy for Cookies! FEE: \$10

November 16 - December 14

Sideways Holidays! FEE: \$8

NO CLASS NOV. 23

- LIGHT walking
- MODERATE walking
- HEAVY walking
- Bring a bag LUNCH