

ADAPTIVE & INCLUSIVE RECREATION GREENSBORO SPORTSPLEX 2400 16TH STREET GREENSBORO, NC 27405

PRSRT STD US POSTAGE PAID GREENSBORO NO PERMIT NO. 72

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

AIR | Adaptive & Inclusive Recreation

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)

A R | Adaptive & Inclusive Recreation

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



Enhance, Expand, Connect.

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.

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.

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

6-8 pm

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

Sports Expo

All Aaes

Thursday, October 27

Saturday, November 5 11 am to 2 pm

Piedmont Adaptive

Try a variety of adaptive sports such as goalball, wheelchair tennis, sitting volleyball and boccia. 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

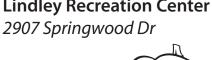
For more info and registration on the tournament or clinic, go to www.gretanc.com/cast_ carolinasadaptivestanding/



Put on your dancing shoes

and join your friends for the

annual fall dance!



SPORTS FOR ALL AGES

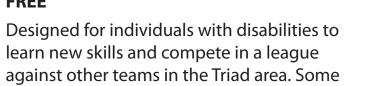
Challenger Flag Football

AGES: 10-35

August 26 - October 29 (no 9/2)

Fridays, 6-7:30 pm

FREE



Practices and games will vary in location.

Saturdays or Sundays may be needed.

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.

★ FOR THE VETERANS **★**

PGA HOPE (Helping Our Patriots Everywhere)

A golf program for ALL military veterans that provides

free golf instruction taught by local PGA

Professionals. All abilities welcome.

Registration: 336-373-2626 or

www.greensboro-nc.gov/air

Practices and games will vary in location.

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

September 9 - October 21

Fridays, 1-3 pm

Gillespie Golf Course

306 E. Florida St

FREE



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

VI GROUP CLUBS

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

For more information, contact: **Melody Inglesby**

VI TRAVEL GROUP

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 TRANSPORTED				
September 7 11:30 am	Harbor Inn 2408 S Church St, Burlington, NC 27215	Free	Free	MALKING
September 15 10 am	Richard Petty Museum/Lunch 311 Branson Mill Rd, Randleman, NC 27317	\$12	Free	
September 22 10 am	Mrs. Hanes Moravian Cookies/Lunch 4643 Friedberg Rd, Clemmons, NC 27012	\$8	\$4	
September 29 10 am	Lake Higgins/Fishing/Kayaking 4235 Hamburg Mill Road, Summerfield, NC 2	Free <i>7358</i>	Free	
October 5 10 am	Carolina Classic Fair Winston-Salem Fairgrounds 421 27th St NW, Winston-Salem, NC 27105	Free	\$5	***
October 13 10 am	Rudd Farm/Lunch 4021 Hicone Road, Greensboro, NC 27405	Free	Free	
October 19 9 am	Fall Foliage/Buffet Lunch <i>Blue Ridge Parkway</i>	\$30	\$8	•
October 27 10 am	Bingo at Greensboro Sportsplex 2400 16th St, Greensboro, NC 27405	\$3	Free	•
November 3 Noon	Kabuto 1617 Stanley Rd, Greensboro, NC 27407	Free	Free	•
November 10 10 am	Tanger Outlets 4000 Arrowhead Blvd, Mebane, NC 27302	Free	\$5	
	Wooden Loft/Lunch 233 N Main St, Kernersville, NC 27284	\$25 CRAFT FE	Free E	•
December 1 10 am	Shopper's Day at Four Seasons 410 Four Seasons Town Centre, Greensboro, I	Free NC 2740	Free 7	
December 8 11 am	Holiday Party at Greensboro Sportsplex 2400 16th St, Greensboro, NC 27405	\$10	Free	•
December 19	HPU Christmas Lights and Dinner	Free	Free	•



336-587-5725

For more information, contact:



Whisk It Wednesdays AGES 10+

3:30 pm

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

1 N University Pkwy, High Point, NC 27268

NO CLASS NOV. 23

