

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. **Registration opens Monday, August 19 at 9 am for all fall 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.

AIR | Adaptive & Inclusive Recreation PROGRAM* AND TRANSPORTATION POLICIES

Payment:

At the time of registration, a minimum of 50% deposit is due to be registered for the first half of programming. The remaining balances is due by November 1, 2024.

Transportation:

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

All participants must adhere to the following:

- Pre-registration is required for all programs and all registration fees must be paid within 2 days in advance of the activity. If the event/transportation fees are not paid by the deadline, you will be moved to the wait list.
- By registering for this program, you are consenting to all waivers signed.
- All participants must call and confirm for their weekly events/outings by Monday at noon prior to the events/outings.
- If a trip reservation requires prepayment, the tickets are non-refundable and non-transferable.

TRANSPORTATION

You **MUST** call 336-373-2042 (Mark Robertson) to confirm and cancel transportation.

Incident Weather:

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

Incident Weather Hotline:

336-373-2042 (Mark Robertson)

*Personal Assistants: If tickets must be purchased for participants and City of Greensboro Staff, then personal assistants must also purchase tickets. Personal assistants must stay and assist their participant at all times.

*Those providing their own transportation will be responsible for their own meal reservations.

*Group of more than 5 (including staff) will be responsible for their own meal reservations.

Adaptive Tennis Clinics

Expose individuals with all levels of physical disability to the sport of tennis. For more information on dates, times, and registration, https://www.gretanc.com/wheel_serve_piedmont/. **Clinics held twice a month.**

Deep River Recreation Center Courts
1525 Skeet Club Rd

Adaptive Paddling Experience Ages 12+

For individuals with physical or communicative disabilities who would like to learn paddling strokes, techniques, and safety. Designed for them to enjoy time on the lake and nature. Friends and family can sign up as companions. More info at shopgetoutdoors.com or 336-294-3918.

FEE: \$20
GetOutdoors Pedal & Paddle
1515 W Gate City Blvd

Saturday Bowling All Ages

If you enjoy bowling, this program is right up your alley! Ramps and bumpers are available.
September 14, October 26, November 16
Saturdays • 9:30-11 am
FEE: \$15

Triad Lanes
21 Oak Branch Dr



Fall Dance All Ages

Tuesday, October 22
6-8 pm
Put on your dancing shoes and join your friends for the annual fall dance!
FREE

Lindley Recreation Center
2907 Springwood Dr



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 4-6
Pinetop Sports Club
3723 Pinetop Rd



Youth CAST Clinic Ages 5-17

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

Friday, October 4 • 5:30 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
September 6 - October 25
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
September 6 - October 25
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 Sports Expo
Date and location coming soon!

Learn a new sport like sitting volleyball, wheelchair tennis, wheelchair basketball, adaptive archery and more!



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

FOR AGES 18+

Bowling/Social Hour
September 13 - November 15
Fridays, 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 payable at Triad Lanes

Triad Lanes
21 Oak Branch Dr



Chair Fitness
September 12 - November 14
Thursdays, 10:15-11:15 am
FREE

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

Smith Active Adult Center
2401 Fairview St

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

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 5 Harbor Inn** 11 am 2408 S Church St, Burlington, NC 27215	Free	Free	
September 10 Wicked Crisps Tour/Lunch** 10 am 209 Citation Ct, Greensboro, NC 27409	Free	Free	
September 17 Bingo at Greensboro Sportsplex 10 am 2400 16th St, Greensboro, NC 27405	\$5	Free	
September 24 Fishing/Kayaking/Bagged Lunch 10 am Lake Higgins • 4235 Hamburg Mill Rd., Summerfield, NC 27358	Free	Free	
October 1 Archery/Lunch** at Greensboro Sportsplex 10 am 2400 16th St, Greensboro, NC 27405	Free	Free	
October 9 Carolina Classic Fair** 10 am Winston-Salem Fairgrounds 421 27th St NW, Winston-Salem, NC 27105	Free	\$5	
October 15 Hawk's Pumpkin Patch/Lunch** 10 am 2558 W Clemmons Rd, Winston-Salem, NC 27127	\$5	\$5	
October 22 Fall Dance at Lindley Rec Center 6 pm 2907 Springwood Dr, Greensboro, NC 27403	Free	Free	
October 29 Reed Gold Mine/Lunch** 11 am 9621 Reed Mine Rd, Midland, NC 28107	\$10	\$10	
November 5 Craft/Lunch** at Greensboro Sportsplex 10 am 2400 16th St, Greensboro, NC 27405	\$5	Free	
November 12 The Streets at Southpoint/Lunch** 11 am 6910 Fayetteville Rd, Durham, NC 27713	Free	\$5	
November 19 Painted Grape/Lunch** 11 am 2400 16th St, Greensboro, NC 27405	\$15	Free	
November 26 Holiday Party at Trotter Rec Center 11 am 3906 Betula St, Greensboro, NC 27407	\$15	Free	
TBD Shopper's Day at Four Seasons 10 am 410 Four Seasons Town Centre, Greensboro, NC 27407	Free	Free	
December 17 Holiday Lights/Dinner** TBD TBD	\$10	Free	

LIGHT walking

MODERATE walking

HEAVY walking

Bring a bag LUNCH

** Meals at your OWN EXPENSE

For those providing their own transportation: Please make sure to call 336-373-2626 or email air@greensboro-nc.gov on Mondays by noon to confirm attendance at that week's activities. Also, you will need to make your own restaurant reservations.

★ FOR THE VETERANS ★

PGA HOPE (Helping Our Patriots Everywhere)
August 30 - October 25
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

