

Spring/Summer 2019 Program



SPAULDING[™]
ADAPTIVE SPORTS CENTERS



Spaulding Adaptive Sports Centers support individuals of all abilities in leading active and healthy lives through participation in adaptive sports and recreational activities.

The programs are delivered under the supervision of Spaulding clinicians and adaptive sports professionals, and are open to children and adults. Staff members help each participant find the most appropriate activities to meet their abilities and help them Find Their Strength.



Spring Special Events

HEALTH & WELLNESS FAIR

Stop by our booth!

Sunday, May 19

9:00 to 12:00

Jewish Community Center

Marblehead, MA

ADAPTIVE SPORTS FAIR

DCR Recreation Fair

Saturday, June 1

10:00 to 3:00

Artesani Park

Brighton, MA

INDUSTRY PROFESSIONALS DAY

Come see what the McGraw Center offers

Thursday, June 20

10:30 to 2:00

The McGraw Center

Nickerson State Park, Brewster MA

SPORT AND SPIRIT WEEKEND FOR VETERANS

Cape Cod - June 7, 8, 9, 10

Veterans with visible and invisible injuries (with one companion) are invited to come enjoy the beauty of Cape Cod and experience adaptive sports and recreation at its finest.



**KAYAKING - PADDLE BOARDING - FISHING - GOLF - CYCLING - DRUMMING
YOGA - PICKLEBALL - TENNIS - ART TENT - BASKETBALL - ARCHERY**



Cost: FREE

CENTRAL REGISTRATION

877-976-7272 <https://sasc.spauldingrehab.org>



THE MCGRAW CENTER - OPENING MAY 14TH

Activities are located at the McGraw Center for Adaptive Sports at Nickerson State Park in Brewster
All Programs are **\$20** unless otherwise noted

NEW THIS YEAR:

Friday Programming
Land Sport or and Water sport days
choose activity when you arrive
McGraw Social Picnic - June 22 11:00-2:00

LAND SPORTS

CYCLING - HIKING - BOCCIA - CORN HOLE

90-min Sessions start at: 9:00, 10:30, 1:00, and 2:30
2-hour Session start at: 1:00 on select days

YOGA - COST \$5

MULTI POSITION YOGA AT CLIFF POND

Wednesdays: May 29 through September
AM Session: 10:00 to 11:00
Tuesdays: June 25, July 9, Aug 6, 20, Sept 3, 17
PM Session: 2:30 to 3:30

Please check our website for specific
dates and activities

WATER SPORTS

KAYAKING - PADDLE BOARDING - FISHING

AM Session: 9:00 to 12:00
PM Session: 1:00 to 4:00

May: Tuesday, Thursday
June-August: Tuesday through Saturday
September: Tuesday, Wednesday, Thursday, Saturday
October: Tuesday, Thursday



GOLF

Back in the Swing
(3-session series)

4:00 to 6:00

May Series: Mondays, May 6, 13, 20
Hyannis Golf Club, Hyannis

June Series: Mondays, June 3, 10, 17
Holly Ridge Golf Course, Sandwich

July Series: Tuesdays, July 9, 16, 23
Dennis Highlands Gof Course, Dennis

August Series: Mondays, Aug 5, 12, 19
Holly Ridge Golf Course, Sandwich

September Series: Tuesdays, 3, 10, 17
Waverly Oaks Golf Course, Plymouth

Cost: \$40 for Each 3-session series

BITS Scramble

Thursday, October 17th

3:00 PM Shotgun Start
Holly Ridge Golf Course, Sandwich
Cost: \$40 Includes dinner



ARCHERY

Mondays:

June 17, July 1, 15, 29, August 26

4:30 PM to 6:00 PM

Camp Lyndon, E. Sandwich

Cost: \$10 per session



**SANDWICH WEDNESDAY
SERIES**

Riders Club

Every Other Wednesday
Starts May 29th
Cost: \$10

5:30 PM to DUSK
*Cape Cod Canal Trail
Freezer Rd, Sandwich, MA*

Kayaking Club

Alternate Wednesdays
Starts June 5th
Cost: \$20

5:00 PM to DUSK
*Camp Lyndon, Lawrence Pond
117 Stowe Rd, Sandwich, MA*

MARTHA'S VINEYARD RIDE

2-Day ADVANCED Cycling Ride

**Saturday, October 5 and
Sunday, October 6**

Cost: \$100 Includes ferry and
overnight at Camp Jaberwocky
Vineyard Haven, MA

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**DR. CHARLES H WEINGARTEN
ADAPTIVE SPORTS PROGRAM**



Activities are located at Spaulding Adaptive Sports Pier, 114 13th Street, Charlestown MA 02129; this address is for drop off/pick up only. There is parking one block away at SRH at 300 First Avenue, Charlestown MA 02129.

MAY 9 THROUGH OCTOBER 24

All Sessions **\$20**

Monday, Tuesday, Thursday and Friday

90-min Sessions start at: 9:30, 11:00, 1:30, and 3:00

Mondays, June 17 - Aug 26

90-min Sessions start at: 11:00, 1:30, 3:00, and 4:45

Choose your activity when you arrive

**CYCLING - KAYAKING - OUTRIGGER CANOEING -
TENNIS - BASKETBALL - PICKLEBALL**
court sport wheelchairs available

You may sign up for a maximum of 6 sessions at a time with a maximum of one per week. Twice weekly sessions based on availability.

YOGA

MULTI POSITION - Wednesdays

5:30 to 6:30

No-class May 29, June 26, July 4, Aug 8 or Sept 25

1st Floor Conference Room A

Spaulding Rehab Hospital - 300 First Ave. Charlestown

CHAIR YOGA - Thursdays

April through November 11:00 to 12:00

6th Floor Lantern Room

Spaulding Rehab Hospital - 300 First Ave. Charlestown

Cost: \$5 per class

CYCLING

RIDERS CLUB - Wednesdays

May 15, July 31, August 28

Lexington/Bedford Bike Path at

Samuel Hadley Public Works

RIDERS CLUB - Thursdays:

May 30, June 13, 27, July 11, 25, August 8, 22

September 5, 19

Meet at putting green behind Spaulding Rehab Hospital

300 First Avenue Charlestown, MA

New Riders meet at 4:45; Returning Riders meet at 5:00

All rides complete by Dusk

Cost: \$10 per ride

STRENGTH AND CONDITIONING

INCLUSIVE FITNESS TRAINING

This personalized fitness program offers accessible personal training for individuals of all abilities. Set fitness goals, increase strength, endurance, and balance.

COST: \$45 per session, \$135 for 3-session series

2nd Floor Outpatient Gym - check website for dates

Spaulding Rehab Hospital - 300 First Ave. Charlestown

UPPER BODY PUMP

This group-based strength and conditioning program targets the upper body. Taught at an intermediate level and designed as a circuit training class.

Cost: \$10 per class

3rd Floor Inpatient Gym - check website for dates

Spaulding Rehab Hospital - 300 First Ave. Charlestown



ADAPTIVE DANCE FOR PARKINSON'S

Experience the joy of movement in many dance styles. Our dance experience is designed to enhance coordination, balance, flexibility, and strength. Bring a partner or come get paired up with a volunteer!

Tuesdays: May 14, June 11, July 9, August 13 5:00 to 6:15

Spaulding Outpatient Center - Medford 101 Main St. Medford, MA

COST: \$5 per class



GOLF

Back in the Swing (3-session series)

Tuesdays

11:00 to 1:00

Granite Links Golf Course, Quincy

June Series: June 4, 11, 18

July Series: July 9, 16, 23

September Series: Sept 3, 10, 17

October Series: Oct 1, 8, 15

Leo J. Martin Memorial Golf Course, Weston

May Series: May 7, 14, 21

August Series: Aug 6, 13, 20

Cost: \$40 for the 3-session series

Back On Course

Tuesdays

10:00 to 12:00

Leo J. Martin Memorial Golf Course, Weston

May 28, June 25, July 30, Aug 27

Sept 24, Oct 22

Cost: \$20 paid directly to course.

Veteran Adaptive Golf Series

Wednesdays

2:00 to 4:00

Granite Links Golf Course, Quincy

June 5 through Sept 25

Cost: \$5 per session

SPRINT: A RETURN TO RUNNING PROGRAM

Primarily for post-stroke or brain injury - other diagnoses considered on case-by-case basis

Tuesdays, 6:00 to 7:00

Series 1: **March 5, 12, 19, 26, April 2, 9, 16, 23, 30, May 7**

South Shore YMCA, Quincy

Mondays, 6:00 to 7:00

Series 2: **April 22, 29, May 6, 13, 20, June 3, 10, 17, 24, July 1**

Series 3: **July 29, Aug 5, 12, 19, 26, Sept 9, 16, 23, 30, Oct 7, 14**

Hormel Stadium, Locust Street, Medford

If rain: Spaulding Medford, 101 Main Street

COST: \$50 for a 10-week session



CENTRAL REGISTRATION

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NORTH SHORE SUMMER WEDNESDAY SERIES

Wednesdays, May through September
All programs are **\$20** each, unless otherwise indicated

CYCLING

May 22, July 31, Aug 28, Sept 25

PM Session: 1:00 to 3:00

June 19, July 17, Aug 14, Sept 11

AM Session: 10:00 to 12:00

PM Session: 1:00 to 3:00

Peabody Bike Path, 32 Johnson St., Peabody

May 15, July 31, Aug 28

Evening Riders Club: 5:00 PM till Dusk

Cost: \$10

Lexington/Bedford Bike Path

October 5

Extended Ride: 10:00AM

Parker River Wildlife Refuge, Sunset Drive

ARCHERY

May 22, July 24, Aug 28, Sept 25

AM Session: 10:00 to 12:00

June 26, July 3, Sept

PM Session: 1:00 to 3:00

*Salem Willows (behind tennis courts)
165 Fort Avenue, Salem*

KAYAKING

June 12, July 10, Aug 21, Sept 18

AM Session: 10:00 to 12:00

PM Session: 1:00 to 3:00

*Lake Chebacco Boat Ramp,
340 Chebacco Road, Hamilton*

TENNIS

May 15, June 5, 26, July 3, Aug 7, Sep 4

AM Session (only): 10:00 to 12:00

Beverly High School Tennis Courts, Beverly

GOLF

Back in the Swing
(3-session series)

Thursdays

10:00 to 12:00

May 9, 16, 23

Tedesco Golf Club, Marblehead

July 11, 18, 25

Reedy Meadows, Lynnfield

September 5, 12, 19

Tedesco Golf Club, Marblehead

October 3, 10, 17

Beverly Golf Club, Beverly

Cost: \$40 for Each 3-session series

BITS Scramble

Thursday, October 17th

3:00 PM Shotgun Start

Location TBD

Cost: \$40 includes dinner

TARGET SPORTS

Mondays

12:00 to 2:00

AIR RIFLE

Oct 7, 21, Nov 4, 18, Dec 9

ARCHERY

Oct 14, 28, Nov 11, 25

*Woburn Sportsman Club
155 Middlesex Turnpike, Bedford*

Cost: \$10; Veterans Free



THERAPEUTIC RIDING

8 Week Series - Mondays

Sept 16, 23, 30, Oct 7, 21, 28,

Nov 4, 18

12:00 to 1:00

Windrush Farm, Boxford, MA

Limitations: 185 lb. weight limit

Cost: \$240 for first-time program riders

\$350 for repeat clients

No partial or prorated sessions



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The sport of sled hockey enables youth and adults to play hockey sitting down and is played by athletes with spinal cord injuries, spina bifida, lower limb amputations, cerebral palsy and other lower body impairments. Sessions are open to friends and siblings who do not have disabilities to play on ice as well. Coaching and equipment are provided to participants in all sled hockey sessions.

COMMUNITY PRACTICE

Sundays:

July 14, 28, August 11, 25
10:00 to 12:00

Ristuccia Memorial Arena Ice Skating Rink
190 Main Street, Wilmington, MA

Sundays:

September 8, 15, 29
12:00 to 2:00

Allied Veterans Memorial Rink
66 Elm St. Everett, MA

Cost: \$5 Per session or \$100 for a Seasons pass



COMPETITIVE TEAMS

ADULT



Our two competitive sled hockey teams will be holding tryouts in September. Both teams have dedicated 2-hr practices and compete

regionally and nationally. If you are interested in playing competitively, please attend summer community practices in Wilmington and speak to the Coaches.

YOUTH



Spaulding Adaptive Sports Team

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VETERANS CAN PARTICIPATE IN SOME ACTIVITIES FOR FREE

PRE-REGISTRATION IS REQUIRED FOR ALL ACTIVITIES.
CAREGIVERS ARE WELCOME TO ACCOMPANY PARTICIPANTS.

CENTRAL REGISTRATION

877-976-7272

<https://sasc.spauldingrehab.org>

[email - spauldingadaptivesports@partners.org](mailto:spauldingadaptivesports@partners.org)

Our no-show cancellation policy REQUIRES 24-hour notice in advance of your scheduled appointment (call 877-976-7272 to cancel). If this courtesy is not shown, we have the right to charge for the session and/or limit future sign-ups.

