



Adaptive Recreation



What is Adaptive Recreation

- Providing social recreation opportunities to people with disabilities.
- Providing a space that is easily adaptable to fit the needs of each participant.

Recreational Therapy/ Therapeutic Recreation

A healthcare approach that uses activities to help people with illnesses, disabilities, or injuries improve physical, mental, social functioning, and quality of life.




My experience with Recreational Therapy

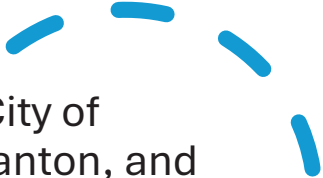
The Station Foundation

Completing a Master's in
Recreational Therapy through
Temple University

Splash Swim School and
Sunsational Swim School



Who we have connected with

- 
- City of Walnut Creek, City of Concord, City of Pleasanton, and City of Davis
 - Avance
 - Sunflower Hill
 - Enjoy Life More
 - Lily House

Current Adaptive Recreation Programs

Adaptive Hip Hop for adults (18+)

Adaptive Hip Hop for youth (5-17)

Cardio/Yoga class for teens (12-18)

Family Yoga class

Family Craft Class

Movie & Game Nights

Who we are serving

In our programs so far, we have served...

- 3 children from ages 4 to 8.
- 7 teens from ages 12-17.
- 8 adults aged 18 and over.



Regional Center of the East Bay

Most people with intellectual/developmental disabilities (IDD) choose to become a client of their local regional center which allows them to receive funding for their needed services.

We have the potential to become a vendor of social recreation for the RCEB

What the
community
is looking
for

Sensory friendly events

Social events

Cooking

Functional skills programs

Physical fitness

Sports

THIS PAGE LEFT INTENTIONALLY BLANK