NYC Parks
Recreation

S.P.A.R.E.S.
Saturday Program for Adaptive Recreational Exercising Sports

Join NYC Parks for a FREE Saturday adapted sports program for children with physical disabilities!

Saturday
January 12–February 23
12:15 p.m.– 2:15 p.m.

Al Oerter Recreation Center
131-40 Fowler Avenue
Flushing, NY 11355

For ages of 5 to 17

Learn the basics of adaptive sports such as:

- Wheelchair Basketball
- Wheelchair Football
- Wheelchair Tennis
- Wheelchair Floor Hockey
- Wheelchair Softball
- Sled Hockey (on ice)
- Sitting Volleyball
- Adapted Swimming
- Power Wheelchair Soccer
- Track and Field events

Coaches will lead drills and friendly competitions to encourage skill development. Participation in the adaptive sports program may lead to competitive events throughout the tri-state area.

Wheelchairs are provided for use in the program.

Registration is required for the program. All participants must be a member of a NYC Parks Recreation Center. Membership is free for ages 17 and under.

For more information, please contact David Deas, Adaptive Sports & Recreation Coordinator, by phone at (718) 353-7853.