

Therapeutic Recreation Center

Our mission is to provide programs that develop and enhance lifelong recreational pursuits for people with disabilities through adaptive, aquatic and inclusive recreation opportunities.



Center Supervisor: Beth Lucas
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**1000 S. Randolph Way
791-4504**

Hours:
Monday-Thursday 8am-5pm
Fri./Sat./Sun. Closed
Holidays Closed

(Hours are subject to change.)

Holidays Closed:
Sept. 7, Oct. 12,
Nov. 11, 26-27

Programs for Kids and Teens

- PAL/TEEN, social club for teens ages 13-22, with LD/ADHD, Wed., 6:30-8:30pm.
- Juniors Active in Wheelchair Sports for children ages 8-18.
- Young Athletes - activity group for kids ages 3-7 with developmental delays.

Adult Programs

- Central Social Clubs for adults with developmental disabilities, Tues./Thurs., 6:30-8:30pm.
- Creative Expression for adults with developmental disabilities, Mon., 6:30-8:30pm.
- Advocates for the Disabled, meets 2nd Sun. of each month. For adults with physical disabilities.
- Quibblers and Nibblers - Progressive-style bridge, Wed., 10am-2:30pm. Partners are not needed; bring your lunch.
- Multiple Sclerosis Social Group - Call 791-4504.
- Arthritis Foundation Exercise Program - Call 791-4504.

Sports and Fitness for Adults

- Special Olympics Basketball Training for adults with development disabilities, Sundays 10-11:30am in December.
- T.G.I.F. Bowling, ages 16+ all disabilities, Fri., 3:30-5:30pm.
- Westside Bowling, age 16+, all disabilities. Wed., 3-5pm
- Wheelchair Basketball, age 19+

Monthly Social Dance--First Saturday of each month 6-8pm - Armory Center, 220 S. Fifth Ave.

Admission: \$1/ID required - 16+ - register at the door.

- Sept. 5 - Harvest Festival
 - Oct. 3 - Autumn Moon
 - Nov. 7 - Pumpkin Patch Maze
 - Dec. 5 - Dancing in December (semi-formal, cost: \$2)
- Dances are co-sponsored by Old Pueblo Civitan.

Recreation Inclusion Services for Youth/Adults:

The City of Tucson Parks and Recreation Department offers a variety of recreation opportunities for youth and adults who are ready for Recreation Inclusion. Recreation Inclusion provides opportunities for youth and adults, with and without special needs or disabilities to experience recreation and leisure time together. If you have any questions, call the Inclusion Coordinator, Sue Jansen, 837-8060.

Behavior Expectations:

As in all programs offered by Parks and Recreation, the expectation of every participant is to follow the basic rules of conduct. A participant may be excluded from a program if their presence poses a direct threat to the health or safety of others, or requires a fundamental alteration of the program.

Facility Amenities

Indoor:

- Kitchen
- Large meeting room
- Arts and crafts room
- Conference room

Outdoor:

- Covered playground with Tot Turf
- Enclosed backyard
- Covered ramada

