



# THERAPEUTIC & ADAPTIVE RECREATION PROGRAMS

To Register Call:

520-791-4504

or Scan QR Code:



## SPECIAL OLYMPICS

Basketball  
Track & Field

## DROP-IN ACTIVITIES

Wheelchair Sports  
Jr Active in Wheelchair Sports  
Drop-In Recreation  
Arts & Crafts  
Wellness Walks

## REGISTRATION REQUIRED ACTIVITIES

Social Club  
TGIF Bowling  
Recreation Bowling  
Outdoor Club  
Disc Golf



Contact us at:

TPRD-Therapeutic

@tucsonaz.gov

## Monday

### Wellness Walks

Jan. 8 - April 22  
3:30 - 6:30pm  
Therapeutic Recreation Center

### Drop-In Recreation

Ages 14+

Jan. 8 - April 22  
6 - 8pm  
Therapeutic Recreation Center

Drop-in Fee: \$1

## Tuesday

### Wheelchair Fitness

Ages 14+  
5 - 6pm  
Donna Liggins Recreation Center

### Wheelchair Sports

6 - 8pm  
Donna Liggins Recreation Center

### Outdoor Club

Ages 16+  
Jan. 16 - March 26  
3:30 - 6pm  
Therapeutic Recreation Center  
(field trips available)

## Wednesday

### Arts & Crafts

Ages 16+  
5:30 - 7:30pm  
Therapeutic Recreation Center

### Recreation Bowling

Ages 14+  
Jan. 10 - April 24  
3:30 - 5:30pm  
Lucky Strike on Speedway  
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Registration Fee: \$25/\$30 (res/non res)

## Thursday

### Disc Golf

Ages 14+  
Jan. 18 - March 28  
4 - 6pm  
Therapeutic Recreation Center

### Wheelchair Fitness

Ages 14+  
5 - 6pm  
Donna Liggins Recreation Center

### Wheelchair Sports

6 - 8pm  
Donna Liggins Recreation Center

### Social Club

Ages 22+  
Jan. 11 - April 25  
6 - 8pm  
Therapeutic Recreation Center  
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Registration Fee: \$25/\$30 (res/non res)

## Friday

### TGIF Bowling

Ages 14+  
Jan. 10 - April 24  
3:30 - 5:30pm  
Lucky Strike on Speedway  
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Registration Fee: \$25/\$30 (res/non res)

## Saturday

### Special Olympics Basketball

Ages 18+  
Dec 9 - March 10  
8 - 10am  
Donna Liggins Recreation Center

### Special Olympics Track & Field

Ages 8+  
Feb 10 - April 13  
11 - 1pm  
Catalina Magnet High School

### Juniors Active in Wheelchair Sports

Ages 8+  
10 - 12pm  
Donna Liggins Recreation Center

### Party in the Park & Dance

Ages 16+  
March 2  
April 6  
6 - 8pm  
Therapeutic Recreation Center