



Adaptive Sports and Recreation: Summer 2024

Summer Programming—Mid May through Mid October

Pre-registration is required

Boston

Weingarten, Charlestown

Monday, Tuesday, Thursday, Friday

Cycling

Tennis/Pickleball

Kayaking/Canoeing

Adaptive Swimming

Thursday Evening Riders Club

SPRINT Running Series (Medford)

Golf: BITS and Back on Course

Leo J Martin & Locations/Dates TBD

Inclusive Dance, May Series, SRH

Cape Cod

McGraw Center, Brewster

Tuesdays through Friday

Cycling

Kayaking/Paddleboarding

Yard Games

Yoga

aMTB, Saturdays, Marstons Mills

IFT, Mondays, SRH Sandwich

Riders Club, Wednesdays, Sandwich

Golf, May Series, Sandwich

Archery, May Series, Buzzards Bay

North Shore

Wednesday Series

Wednesdays

Cycling, Peabody

Tennis/Pickleball, Salem

Archery, Salem

Kayaking, South Hamilton

Seaside Morning Yoga, Salem

Golf, Beverly and Marblehead

Youth VI Peer Group, Mondays (May)

Youth VI Day Camp, June 26-28

Virtual

+ AT HOME

Fitness Classes

Core and Stretch

Stand and Balance

30-Min Fitness

Adaptive Boxing

Dance with Parkinson's

Upper Body Pump

Personal Training

Inclusive Fitness Training

Yoga Classes

Chair Yoga

Movement and Meditation

Breath and Energy

REGISTRATION

<https://sasc.spauldingrehab.org>



FOR MORE INFORMATION

877-976-7272

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.