



Adaptive Sports and Recreation: Winter 2023-24

Fall/Winter Programming—November through April

Pre-registration is required

<p>Boston</p>	<p>Adaptive Swim Inclusive Fitness Training Court Sports Indoor Cycling Adaptive Swim Indoor Golf Sled Hockey</p>	<p>SRH SRH/Quincy Charlestown Cambridge/SRH Quincy Braintree Everett</p>	<p>Monday/Thurs Monday/Friday Monday Tues/Thursday Friday Friday Sunday</p>	<p>SASC +At Home Virtual Programming</p>
<p>Cape Cod</p>	<p>Inclusive Fitness Training Indoor Cycling Pickleball Adaptive Swim Mountain Biking Pediatric Inclusive Fitness</p>	<p>Sandwich/Plymouth Sandwich Plymouth Plymouth Marstons Mills Sandwich</p>	<p>Tues, Thurs/Wed Tues, Thurs Wednesday Wednesday Saturday TBD—January</p>	<p>Fitness Classes Inclusive Fitness Training (IFT) Stand and Balance Cardio Conditioning Core and Stretch 30-Min Fitness Adaptive Boxing Upper Body Pump Dance with Parkinson's</p>
<p>North Shore</p>	<p>Pickleball Yoga Air Rifle & Archery Indoor Golf Pediatric Inclusive Fitness</p>	<p>Peabody/Salem TBD Bedford Peabody Salem/TBD</p>	<p>Wednesday Wednesday Wednesday February Tues and Wed</p>	<p>Yoga Classes Chair Yoga Movement and Meditation Breath and Energy</p>
<p>Ski and Snowboard Club</p>	<p>Wachusett, MA Sunapee, NH Cannon, NH Waterville Valley, NH Pico Mountain, VT TBD Sugarbush, VT Adv. Travel: Park City, UT</p>	<p>Thursdays Saturday Saturday Saturday Saturday Saturday Sat-Sunday 6-day Trip</p>	<p>Jan 11—Mar 14 January 6th January 20th February 3rd February 10th March 2nd March 9 and 10 March 24—29</p>	<p>FOR MORE INFORMATION 877-976-7272</p>  <p>https://sasc.spauldingrehab.org</p>

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.