Spaulding Adaptive Sports Centers

Spring-Summer 2021

In-Person Programming

**North Shore**

- Target Sports (April-May)
- Cycling (Starting May 19)
- Tennis
- Archery
- Kayaking (July/August)

**Cape Cod**

- **April/May**
  - Mountain Biking (May)
- **Starting May 19th**
  - Cycling
  - Mountain Biking
  - Yard Games
  - Kayaking (July/August)

**Boston**

- Indoor Spin (Through April 22)
- Rock Climbing (May 15th)
- Cycling
- Kayaking (July/August)
- Sled Hockey (July/August)

All in-person programs will continue to follow the SASC COVID-19 protocols including mask-wearing and social distancing. Please go to our website for further details.

Virtual Programming

**Fitness Programs**

- Inclusive Fitness Training
- Upper Body Pump
- Total Body Pump
- Core & Stretch
- 30–min Fitness
- Cardio Conditioning Class
- Adaptive Boxing
- Resistance Band Training

**Yoga Programs**

- Chair Yoga
- McGraw Yoga
- Weingarten Yoga
- Movement and Meditation

**Specialty Programs**

- **Golf Conditioning**
- **Exercise for Stroke and TBI**
- Found Sound
- PWR! Moves for Parkinson’s
- Dance with Parkinson’s
- ExPD Fitness

For more information or to register, please call 877-976-7272 or visit: https://sasc.spauldingrehab.org