



Therapeutic Recreation 2008 Winter and Spring Programs

Therapeutic Recreation Division
Chattanooga Parks and Recreation
1254 East Third Street - Chattanooga, TN 37404
(423) 697-1345 / (423) 643-5716

SPORTS AND RECREATION

Thank You to Our Sponsors!

In these days of budget crunching, we would like to take the time to send a sincere thanks to those individuals and organizations that continue to support the Therapeutic Recreation Division!

- United States Golf Association**
- BlazeSports of America**
- Brainerd Optimist Club**
- Mrs. Callegari and Tyner High School**
- Unum**
- SPARC**
- All of our incredible TR Parents, Participants, and Volunteers.**

**Looking to Volunteer?
Interested in an internship?**

The Therapeutic Recreation Division needs volunteers and interns to assist our staff with programming! There are many opportunities to help out! Whether it is an ongoing program, or a special event, we are always in need of assistance. If you would like more information on volunteer opportunities or internships, please call Elaine at 423.697.1345 or adams_e@mail.chattanooga.gov

Want to know what's happening with Therapeutic Recreation? The announcements include valuable information about upcoming programs, "spontaneous" events, and other related community events. Contact us to get on the list!

SUPER HOOPS

Intramural basketball for individuals who have cognitive disabilities. Ages 12 and up. Practice takes place on Monday's from 6:00-7:00 at the North Chattanooga Recreation Center (406 May Street). Start Date is January 28th and will run until March 17th.

PRE-REGISTRATION is REQUIRED!!!
Registration Deadline: January 21st
Cost: \$15.00
Contact Lizzy at 643-5716 or hockinson_l@mail.chattanooga.gov

CHEERABILITY

All-inclusive cheerleading specifically designed for girls who have cognitive and/or physical disabilities. Practice takes place on Tuesdays from 6:00-7:00pm at Shepherd Recreation Center. **Contact Lizzy at 643-5716 or hockinson_l@mail.chattanooga.gov**

THE CHATTANOOGA SPEEDERS

Chattanooga's first competitive Power Soccer team specifically for individuals who use power wheelchairs. Power Soccer is played by just about anyone who uses a power wheelchair! The only real requirement is that you are able to drive your chair with a good degree of control-for the safety of yourself and other players. Practice takes place each Thursdays from 6:00-7:30pm at the Shepherd Recreation complex (2124 Shepherd Road). We are currently recruiting new players! Call Elaine at 697-1345 or adams_e@mail.chattanooga.gov for more information!

There will be 2 Power Soccer Tournaments hosted in Chattanooga on February 23rd and May 17th. Contact us for more details!!!!



C.H.I.P.S. GOLF

An adaptive golf program supported by the USGA, introduces the sport to individuals with both cognitive and physical disabilities. Beginner and intermediate levels. Space is limited so sign up today! Registration Deadline: February 28th
Cost: \$30.00
Contact Lizzy at 643-5716 or hockinson_l@mail.chattanooga.gov



SCENIC CITY ADAPTIVE CYCLING

This is an inclusive cycling program designed for people who have various physical disabilities including visual impairments. Focus is on improvement in athletic performance and on healthy lifestyle education. Adaptive equipment is available. Offered in conjunction with "Sports, Arts, and Recreation of Chattanooga (SPARC). **PRE-REGISTRATION REQUIRED!!!** Contact Elaine at 697-1345 or adams_e@mail.chattanooga.gov
When/Where: Rides will start in March and take place every-other Monday at 6:00pm at the TN Riverpark and various locations. Weekend rides included!!!

Parent Input Committee

Would you like to be more involved in activities that are offered to your children through the Therapeutic Recreation Division? Now in your chance! We are currently looking for parents who would like to volunteer time to help produce special events and offer program ideas to better serve the citizens of Chattanooga who have disabilities. Please contact Elaine Adams at 697-1345 or adams_e@mail.chattanooga.gov.

SPECIAL EVENTS

PARALYMPIC ACADEMY

FEBRUARY 23RD
Come join us at Chattanooga's 1st Paralympic Academy for individuals who have various physical disabilities. Learn about adaptive sports such as wheelchair basketball, goalball, power soccer, adaptive golf, tennis, cycling, and much more! Contact us to sign up today! 697-1345

VALENTINE'S SWEETHEART DANCE

Come celebrate Valentines Day with us at the 1st annual Sweetheart Dance.

Where: Brainerd Recreation Center

When: February 8th from 6:30-8:30pm

Cost: \$5.00 per person

RSVP by February 1st to Lizzy at 643-5716 or

hockinson_l@mail.chattanooga.gov

SPRING PROM

Join us at our 1st annual Spring Prom in April for individuals of all abilities. Details TBA.

Sports and Recreation (Continued)

WHEELCHAIR BASKETBALL

Inclusive wheelchair basketball pick-up games offered in conjunction with "Sports, Arts, and Recreation of Chattanooga (SPARC)". Games will take place on the following dates at Washington Hills Recreation Center: January 26th, February 23rd, March 29th, and April 26th. Contact Elaine at 697-1345 or adams_e@mail.chattanooga.gov to register or for more information.

CHATTANOOGA ADAPTIVE ROWING

Chattanooga Rowing Club provides participants of all abilities with the opportunity to learn how to row. Contact Elaine Adams at 697-1345 or adams_e@mail.chattanooga.gov for more information.

WHEELCHAIR TENNIS

Open to new beginners, as well as, advanced players. This program is offered in partnership with Siskin Hospital for Physical Rehabilitation. Practice takes place at Champions Club on Thursdays from 6:00-8:00pm. Contact Lisa Morgan at 634-1674.

Chillin' Like Villains

This is a young-adult, social group for individuals who have various disabilities that meets once a month at different locations around town. Contact Elaine or Lizzy at 697-1345/643-5716 (hockinson_l@mail.chattanooga.gov) for more information.

Chillin' Winter/Spring Schedule of Events

DATE	LOCATION/EVENT	TIME	DETAILS
January 16 th	Hixson Holiday Bowl	6:00-8:00pm	Cost: \$6.00 Includes two games and shoes
February 28 th	UTC Women's Basketball Game	7:00pm	Cost: \$5.00
March	Picnic at Coolidge Park	TBA	RSVP REQUIRED BY 2/14/08 TBA
April	Dinner and a Movie	TBA	TBA
May	Brainerd Speedway	TBA	TBA



◇ STAY TUNED FOR MORE UPCOMMING EVENTS IN 2008 ◇

◇ [Special Olympics](#) - for individuals who are interested in competing and are not already currently part of a team. ◇ [All Dolled Up](#) - an evening for young ladies to receive a makeover from local hairstylists and make-up artists. ◇ [Goalball](#) - specifically designed for individuals who have visual disabilities. ◇ [Camp ZooAbility](#) - a one-week day camp at the Chattanooga Zoo this summer. ◇ [Tennessee Rhythmic Arts Project](#), - a drumming program designed to enhance the senses and increase overall life skills ◇ **CONTACT US FOR MORE INFORMATION!!!!**

Chattanooga Parks and Recreation

THERAPEUTIC RECREATION DIVISION

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OUR MISSION

The Therapeutic Recreation Division of the Chattanooga Parks and Recreation Department seeks to provide leisure and recreation opportunities for citizens of all abilities. We serve both youth and adults with physical, cognitive, and/or emotional disabilities. Through our programs, education, and advocacy, individuals can build confidence, improve physical and cognitive abilities, expand support and social networks, and enhance overall quality of life.