



Adaptive Fitness & Wellness Center For Paralysis

## Adaptive Sports & Recreation

Adaptive sports and recreation are activities that are modified to make them accessible to individuals with physical disabilities. There are many different adaptive sports and recreation activities, and they can be enjoyed by people of all ages and ability levels.

### Wheelchair Basketball:

This is a popular adaptive sport that allows individuals with mobility impairments to play basketball. The rules are similar to traditional basketball, but players use wheelchairs to move around the court.

### Adaptive Golf:

This sport is modified for individuals with disabilities to allow them to play golf. Adaptations may include modified clubs and specialized equipment, as well as modifications to the course to make it accessible.

### Sled Hockey:

This is a modified form of ice hockey that allows individuals with disabilities to play. Players sit on sleds with blades on the bottom and use sticks to move the puck.

### Hand Cycling:

This is a form of cycling that is done using a hand-operated bike. It allows individuals with lower body paralysis or amputations to participate in cycling.

### Adaptive Skiing:

This sport is modified to allow individuals with disabilities to ski. Adaptations may include specialized equipment and instruction to help skiers overcome physical barriers.

### Scuba Diving:

This recreational activity is modified to allow individuals with disabilities to explore underwater. Specialized equipment and instruction can help individuals with mobility impairments to safely participate in scuba diving.

### Rowing:

This activity can be adapted to allow individuals with disabilities to participate in rowing. Specialized equipment, such as adapted boats and oars, can make rowing more accessible.

### Rock Climbing:

This sport can be modified to allow individuals with disabilities to climb. Adaptive equipment and techniques can help individuals with mobility impairments to overcome physical barriers.

## Organizations for Adaptive Sports Programs:

1

**Adaptive Adventures:** A 501(c)(3) nonprofit organization that provides progressive outdoor sports opportunities to improve quality of life for children, adults and veterans with physical disabilities and their families.

2

**Ignite Adaptive Sports:** Located at the base of picturesque Eldora Mountain, just 21 miles outside of Boulder, CO, Ignite Adaptive Sports harnesses the heart and dedication of the Front Range, surrounding mountain, and Northern Colorado communities to provide children and adults with disabilities access to Colorado's amazing outdoor winter sports.

3

**Wounded Warrior Project:** Wounded Warrior Project Adaptive Sports program empowers warriors to unleash their highest potential by participating in modified athletic opportunities designed for their individual abilities. Through single-day and multi-day clinics, warriors learn to use adaptive sports equipment and develop athletic skills.

4

**Denver Fencing Center:** Parafencing (short for "parallel fencing") is the competitive version of our sport for athletes of various abilities. Denver Fencing Center offers instruction in all three weapons for parafencers. They welcome current athletes and complete novices! welcome current athletes and complete novices!

5

**High Fives Foundation:** A nonprofit organization with a mission to provide hope and resources for athletes from all walks of life. They support their people and help them get back to their outdoor physical activity of choice from snowboarding and skiing to surfing and mountain biking and beyond.