



CUSTOMIZED ACTIVITIES FOR GROUPS

AdVenture offers a variety of adaptive recreation opportunities for groups. We use the expertise and resources of the AdVenture program to customize recreation programs that meet your group's specific needs and goals. For more information, please contact Emily at 208-608-7687.

Activities Can Include:

- Pottery and Art Classes on Fridays (Access to the Arts)
- Adaptive Bike Fair
- Tie Dye Class
- Outdoor Adventures (Hiking, Snowshoeing, Cycling, etc.)
- Disc Golf
- And More!



ADAPTIVE ART CLASS

This is the perfect class for participants with disabilities who want to explore several different forms of art ranging from pottery, drawing, painting and much more! The fee includes instruction and supplies. This program is for participants of all skill levels age 15 and older.

Location: Fort Boise Community Center

Date:	Time:	Cost:	Activity #:
Mondays, March 28-May 16	4:15-5:30 p.m.	\$55.25	FULL
Saturdays, April 2-May 21	10-11:15 a.m.	\$55.25	300539-02



ADAPTIVE MUSIC CLASS

Learn about music in this fun, hands on class! Students will have the opportunity to play a variety of percussion instruments, drums, sing and more. This class is designed for individuals age 12 and older and no music experience is needed.

Location: Dick Eardley Senior Center

Date (Thursdays):	Time:	Cost:	Activity #:
March 31-May 19	4:30-5:30 p.m.	\$37.80	300764-01
March 31-May 19	5:45-6:45 p.m.	\$37.80	FULL

VOLUNTEER SPOTLIGHT – JANUARY & FEBRUARY 2022

Thank you for volunteering with AdVenture!

Avery Simpson
 Brooklyn Smith
 Caroline Carpenter
 Connor Kovarik
 Crystal Castro
 Greg Salazar

Jeff Sparks
 John Feggo
 Julia Zickefoose
 Katie Bertram
 Kyle Kovarik
 Mia Lund

Michael Martello
 Mike Schweigert
 Ryan Simpson
 Shay Stewart
 Trevor Cole



ADAPTIVE FITNESS

Join our fitness class and work on stretching, band workouts and aerobic activity. Class is structured for different levels of ability. The 4 p.m. class will focus on more advanced techniques and students must be able to follow two-step directions. This activity is for participants age 15 and older.

Location: Fort Boise Community Center

Date (Tuesdays and Thursdays)	Time:	Cost:	Activity #:
March 29-May 19	3-4 p.m.	\$58.50	300728-01
March 29-May 19	4-5 p.m.	\$58.50	FULL

ADAPTIVE ICE SKATING

This adaptive recreation program is designed to give individuals with disabilities the opportunity to develop their ice skating skills. Students will receive instruction based upon their individual needs and goals. Some adaptive equipment is available for use at no extra cost. Various days and times available. Call 208-608-7718 to learn more and to register.



BOCCE AND DINNER – NEW DATE ADDED!

Try out the fun and relaxed sport of Bocce! We will also eat takeout dinner. This activity is for participants ages 16 and older.

Location: Dick Eardley Senior Center

Date (Saturday):	Time:	Cost:	Activity #:
Saturday, May 7	5-7:30 p.m.	\$24	300716-02

SAVE THE DATE SUMMER REGISTRATION

- Monday, April 18 for City of Boise Residents
- Wednesday, April 20 for Non-Residents

The Summer Activity Guide will be posted online at cityofboise.org/Adaptive-Recreation approximately one week before registration opens.

OH NO, THE ACTIVITY IS FULL!

The AdVenture Program offers a large variety of programs during the winter and spring and registration for these activities opened in December. Due to this, the following spring activities are full. However, if you are interested in these programs, please call 208-608-7680 to be added to the waiting list (at no charge). If a spot opens, we will call you and you can decide if you want to enroll. We do our best to accommodate those who are on the waiting list. View the activity descriptions and dates for these programs in the Boise Parks and Recreation Activity Guide available at cityofboise.org/Adaptive-Recreation or pick up a copy at Fort Boise Community Center.

AdVenture Programs in March & April that are full:

- Adaptive Bike Rides
- Adaptive Yoga Class
- AdVenture Walking Club
- Ceramica & Lunch
- Dance Ability
- Dine & Decorate
- Dinner & a Movie
- Foothills Hike & Dinner
- Game Night & Dinner
- Guys and Ladies Nights
- Music Night & Dinner
- Old Penitentiary & Lunch
- Pottery, Lunch, & Zoo
- Science Night & Dinner
- Social Clubs (Wednesday, Thursday and Friday)
- Zoo & Dinner

MARCH 2022

facebook.com/bpradventureprogram | cityofboise.org/adaptive-recreation

SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Guys Night 5:30-8 p.m. DESC	2 Wheelchair Rugby 12-2:30 p.m. FBCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	3 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Music Class 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC Thursday Social Club 6-8:30 p.m. WCC	4 Dinner & a Movie 5:30-8:30 p.m. DESC Friday Social Club 6:30-9 p.m. DESC	5 Adaptive Art 10-11:15 a.m. FBCC Wheelchair Rugby 1:15-3:45 p.m. FBCC Skills & Drills Wheelchair Basketball 4:15-5:15 p.m. FBCC Wheelchair Basketball 5:30-7:30 p.m. FBCC
6	7 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC	8 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Ladies Night 5:30-8 p.m. DESC	9 Wheelchair Rugby 12-2:30 p.m. FBCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	10 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Music Class 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC Thursday Social Club 6-8:30 p.m. WCC	11 Dinner & a Movie 5:30-8:30 p.m. DESC Friday Social Club 6:30-9 p.m. DESC	12 Adaptive Art 10-11:15 a.m. FBCC Wheelchair Rugby 1:15-3:45 p.m. FBCC Skills & Drills Wheelchair Basketball 4:15-5:15 p.m. FBCC Wheelchair Basketball 5:30-7:30 p.m. FBCC Game Night & Dinner 5-7:30 p.m. DESC
13	14 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC	15 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Dine & Decorate 5:30-8 p.m. DESC	16 Wheelchair Rugby 12-2:30 p.m. FBCC	17	18 Science Night & Dinner 5:30-8 p.m. DESC	19 Wheelchair Rugby 1:15-3:45 p.m. FBCC Skills & Drills Wheelchair Basketball 4:15-5:15 p.m. FBCC Wheelchair Basketball 5:30-7:30 p.m. FBCC
20	21	22	23	24	25 Dinner & a Movie 5:30-8:30 p.m. DESC	26
27	28 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC	29 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC	30 Wheelchair Rugby 12-2:30 p.m. FBCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	31 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Music Class 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC Thursday Social Club 6-8:30 p.m. WCC		

ABBREVIATION KEY & ADDRESSES

BSU – Boise State University Student Union Building, 1910 University Rd.
 DESC – Dick Eardley Senior Center, 690 Robbins Rd.
 Eagle Rock - Eagle Rock Park, 2150 Old Penitentiary Rd.
 FBCC – Fort Boise Community Center, 700 Robbins Rd.
 KAMP – Kristin Armstrong Municipal Park, 500 S. Walnut St.
 MNCC – Morley Nelson Community Center, 7701 W. Northview St.
 WCC – Whitney Community Center, 1609 S. Owyhee St.

ADAPTIVE RECREATION/ADVENTURE

Emily Kovarik & Sonya Buchholz
 208-608-7680
 TDD/TTY 800-377-3529

AdVentureProgram@cityofboise.org
 Cityofboise.org/adaptive-recreation

To register for an activity, please call 208-608-7680 or come to Fort Boise Community Center, 700 Robbins Rd., Boise, Idaho 83702. Register online at cityofboise.org/adaptive-recreation



PARKS AND RECREATION

SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Dinner & a Movie 5:30-8:30 p.m. DESC Friday Social Club 6:30-9 p.m. DESC	2 Adaptive Art 10-11:15 a.m. FBCC Ceramica & Lunch 10 a.m.-12:30 p.m. DESC Wheelchair Rugby 1:15-3:45 p.m. FBCC Skills & Drills Wheelchair Basketball 4:15-5:15 p.m. FBCC Wheelchair Basketball 5:30-7:30 p.m. FBCC
3	4 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC	5 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Music Night & Dinner 5:30-8 p.m. DESC	6 Wheelchair Rugby 12-2:30 p.m. FBCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	7 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Music Class 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC Thursday Social Club 6-8:30 p.m. WCC	8 Dinner & a Movie 5:30-8:30 p.m. DESC Friday Social Club 6:30-9 p.m. DESC	9 Adaptive Art 10-11:15 a.m. FBCC Wheelchair Rugby 1:15-3:45 p.m. FBCC Skills & Drills Wheelchair Basketball 4:15-5:15 p.m. FBCC Wheelchair Basketball 5:30-7:30 p.m. FBCC
10	11 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC	12 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC	13 Wheelchair Rugby 12-2:30 p.m. FBCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC Bike Ride 6-7:30 p.m. KAMP	14 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Music Class 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC Thursday Social Club 6-8:30 p.m. WCC	15 Zoo & Dinner 3-6 p.m. ZOO Friday Social Club 6:30-9 p.m. DESC	16 Adaptive Art 10-11:15 a.m. FBCC Wheelchair Rugby 1:15-3:45 p.m. FBCC Skills & Drills Wheelchair Basketball 4:15-5:15 p.m. FBCC Wheelchair Basketball 5:30-7:30 p.m. FBCC
17	18 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC	19 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC	20 Wheelchair Rugby 12-2:30 p.m. FBCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC Bike Ride 6-7:30 p.m. KAMP	21 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Music Class 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC Thursday Social Club 6-8:30 p.m. WCC	22 Old Pen Tour & Lunch 11:30 a.m.-2:30 p.m. Eagle Rock Dinner & a Movie 5:30-8:30 p.m. DESC Friday Social Club 6:30-9 p.m. DESC	23 Adaptive Art 10-11:15 a.m. FBCC Wheelchair Rugby 1:15-3:45 p.m. FBCC Skills & Drills Wheelchair Basketball 4:15-5:15 p.m. FBCC Wheelchair Basketball 5:30-7:30 p.m. FBCC Bocce & Dinner 5-7:30 p.m. KAMP
24	25 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC	26 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Dine & Decorate 5:30-8 p.m. DESC	27 Wheelchair Rugby 12-2:30 p.m. FBCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC Bike Ride 6-7:30 p.m. KAMP	28 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Music Class 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC Thursday Social Club 6-8:30 p.m. WCC	29 Zoo & Dinner 3-6 p.m. ZOO Friday Social Club 6:30-9 p.m. DESC	30 Adaptive Art 10-11:15 a.m. FBCC Bike Ride & Picnic 9:30 a.m.-12 p.m. KAMP Wheelchair Rugby 1:15-3:45 p.m. FBCC Skills & Drills Wheelchair Basketball 4:15-5:15 p.m. FBCC Wheelchair Basketball 5:30-7:30 p.m. FBCC



ADAPTIVE CYCLING WITH ADVENTURE

Join us for a group bike ride along the Greenbelt. Bring your own bike or use one of our adaptive handcycles, adult trikes, recumbent trikes, or tandem trikes (bike reservations are on a first-come first-served basis, call Sonya at 208-608-7680 to learn more about our bike options and to reserve your cycle). These bike rides are designed as supervised group rides and are not bike riding lessons however, proper trail manners and safety will be addressed. Participants must be able to follow directions and stay with the group or attend with someone who can assist. These rides are for participants age 16 and older unless accompanied by an adult.

ADAPTIVE BIKE FAIR – FREE

Saturday, May 21 at Fort Boise Community Center
Drop-In from 10 a.m.-2 p.m.

Not sure what type of bike will work for you? Tryout a variety of adaptive cycles at our bike fair! This is a great time to learn about adaptive cycles and discover what type works for you. Drop in between 10 a.m.-2 p.m. to try the cycles. All ages and ability levels are welcome; youth under age 18 must attend with an adult. Please bring a mask and a helmet if you own one (we will have helmets available to borrow).

To receive event updates please register for this free activity by calling 208-608-7680, Activity Number: 300759-01.

ADAPTIVE BIKE RIDE AND PICNIC

Join us for an hour-long group bike ride along the Greenbelt followed by a prepackaged picnic lunch.

Location: Kristin Armstrong Municipal Park

Date (Saturdays):	Time:	Cost:	Activity #:
April 30	9:30 a.m.-12 p.m.	\$14.75	300738-01
May 14	9:30 a.m.-12 p.m.	\$14.75	300738-02

ADAPTIVE BIKE RIDE:

Join us for an hour-long group bike ride along the Greenbelt on Wednesdays. Spring dates are full, but please call 208-608-7680 if you would like to be added to the waiting list. Many more rides will be offered over the summer.

BOISE PARKS AND RECREATION AdVenture SEEKER PROGRAMS

Individuals with physical disabilities are welcome to sign up for any programs mentioned in this Newsletter. However, the following 'AdVenture Seeker' programs are designed specifically for people with physical disabilities and their friends and family.



WHEELCHAIR RUGBY

This Paralympic Sport is a fast-paced and high contact team sport that is a lot of fun! Typically played by people with physical disabilities, the wheelchair rugby team loves when people without disabilities join as well! During practice you will learn the rules, develop your skills and scrimmage during this competitive practice time. Rugby wheelchairs are provided for your use. This program is for individuals age 18 and older however teens may enroll if accompanied by an adult.

Location: Fort Boise Community Center

Date:	Time:	Cost:	Activity #:
Wednesdays, March 2-April 27*	12-2:30 p.m.	\$30.50	300706-01
Saturdays, March 5-April 30*	1:15-3:45 p.m.	\$30.50	300706-02

*No rugby March 23 and 26.



WHEELCHAIR BASKETBALL – Skills and Drills

Learn how to play wheelchair basketball. Beginners and experts ages seven and older are welcome at this wheelchair basketball skills development class. You do not have to have a disability to play, basketball wheelchairs are provided.

Location: Fort Boise Community Center

Date (Saturdays):	Time:	Cost:	Activity #:
Saturdays, March 5-April 30*	4:15-5:15 p.m.	\$26.25	300780-01

*No class March 26



WHEELCHAIR BASKETBALL

Come play wheelchair basketball. The first hour is designed for beginning and intermediate players and the second hour will be more competitive. You do not have to have a disability to play, wheelchairs are provided. Youth under 18 are welcome but must be accompanied by an adult.

Location: Fort Boise Community Center

Date (Saturdays):	Time:	Cost:	Activity #:
Saturdays, March 5-April 30*	5:30-7:30 p.m.	\$26.25	300708-01

*No practice March 26



CITY of BOISE
PARKS AND RECREATION
DEPARTMENT
P.O. Box 500 | Boise, Idaho 83701-0500

ADDRESS SERVICE REQUESTED

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Boise ID
Permit No 533

MISSION STATEMENT

Boise Parks and Recreation's AdVenture program is committed to providing quality sports, recreation and outdoor adventures for people of all abilities. By taking place in the most integrated setting, the AdVenture program shall promote self-confidence, wellness and physical fitness leading to a more independent lifestyle.

**DON'T WAIT,
REGISTER NOW!
CALL: 208-608-7680**

In order to provide the best possible service to our participants, we require advance registration for all of our programs. To sign up for any of the programs you see in this newsletter please come in or call Fort Boise Community Center at 208-608-7680. You can also sign up anytime online at cityofboise.org/adaptive-recreation. Sometimes courses fill up or are canceled because people wait too long to register. Please register early to avoid disappointment!

WE OFFER ACCOMMODATIONS FOR YOU!

New classes have begun! If you did not get the opportunity to sign up for AdVenture programs that are adapted for individuals with disabilities, we encourage you to sign up for other classes and programs offered through Boise Parks and Recreation. We can provide modifications (such as sign language interpreters, enhanced staff, etc.) so that you can fully participate. Upon registration please notify Emily at 208-608-7680 if special accommodations may be needed (at least two weeks advance notice is required).

FINANCIAL SCHOLARSHIPS AVAILABLE

We offer financial scholarships to youth, seniors and adults with disabilities to help pay for Boise Parks and Recreation classes. If you would like a scholarship, please contact Fort Boise Community Center at 208-608-7680 or e-mail activities@cityofboise.org.

TRANSPORTATION

Participants are responsible for providing their own transportation to and from their home to the community center or park where the program is based out of. AdVenture staff are not responsible for individuals dropped off before the noted meeting time. Valley Regional Transit has a variety of transportation resources including Access Bus, SCRIP Taxi vouchers and bus service. Call 208-345-7433 or visit valleyregionaltransit.org to learn more.

