

# BOISE PARKS AND RECREATION AdVenture



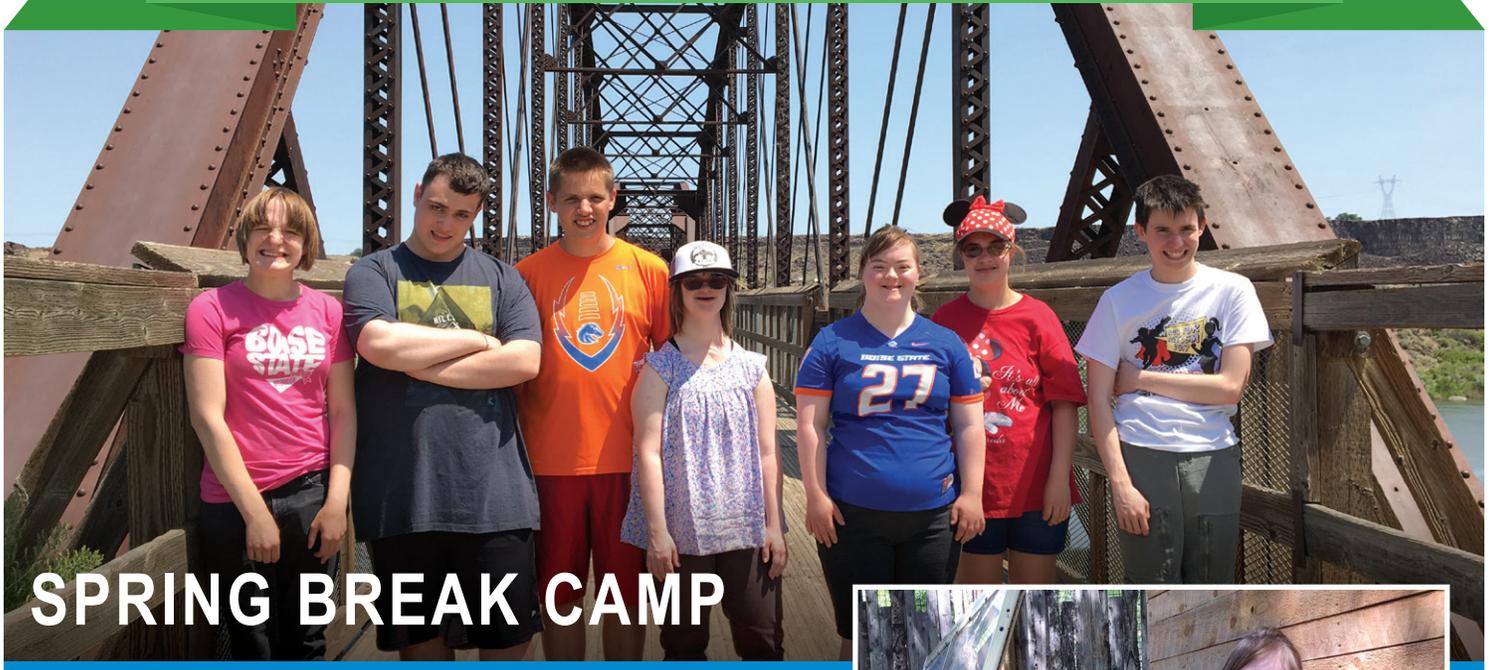
NEWSLETTER

MARCH & APRIL 2020



Facebook.com/BPRAdVentureProgram

cityofboise.org/adaptive-recreation



## SPRING BREAK CAMP

This fun day-camp is for participants age 13-20 with disabilities. Activities include field trips, art classes and more! The staff to participant ratio is 1:5. Participants will work on money management and will need to bring approximately \$10 for field trips for the week. A detailed schedule with daily activity costs will be sent to participants. Camp meets at Whitney Community Center located at 1609 S Owyhee St. in Boise and participants can be dropped off starting at 8:30 a.m.

**Cost:** \$77

**Location:** Whitney Community Center

| Date (Monday-Friday): | Time:         | Activity #: |
|-----------------------|---------------|-------------|
| March 23-27           | 9 a.m.-3 p.m. | 300905-01   |



### 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 208-608-7680.

#### Activities Can Include:

- Pottery and Art Classes on Fridays (Access to the Arts)
- Dance Classes
- Adaptive Yoga
- Drumming and Poi Spinning
- Outdoor Adventures (Hiking, Snowshoeing, Cycling, etc.)



## 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 30-May 11  | 4:15-5:30 p.m. | \$46.50 | 300539-01   |
| Saturdays, April 4-May 16 | 10-11:15 a.m.  | \$46.50 | 300539-02   |



## ADAPTIVE YOGA CLASS

Yoga helps to improve flexibility, strength, balance and provides an opportunity to work on body awareness and the ability to relax. This class is designed for individuals who have disabilities and our instructor is great at adapting the yoga poses for people of all abilities. This program is for participants age 15 and older.

**Location:** Fort Boise Community Center

| Date (Mondays): | Time:          | Cost: | Activity #: |
|-----------------|----------------|-------|-------------|
| March 30-May 11 | 4:15-5:15 p.m. | \$36  | 300753-01   |
| March 30-May 11 | 5:30-6:30 p.m. | \$36  | 300753-02   |

## ADAPTIVE FITNESS

Join our fitness class and work on stretching, weight lifting and aerobic activity. This is a great opportunity to get fit in a supportive and fun environment. Classes are structured for different levels of ability. The 4 p.m. class will focus on more advanced techniques; students will need to follow two-step directions. This program is for participants age 15 and older.

**Location:** Fort Boise Community Center

| Date (Tuesdays & Thursdays): | Time:    | Cost: | Activity #: |
|------------------------------|----------|-------|-------------|
| March 31-May 14              | 3-4 p.m. | \$49  | 300728-01   |
| March 31-May 14              | 4-5 p.m. | \$49  | 300728-02   |

## COOKING CLASS

Help prepare meals that we will eat together as a group! We will improve our cooking skills, socialize with friends and take part in clean-up duties. Participants will be able to practice following directions, learning about healthy food options, safe food preparations and table manners. Due to the nature of this class, special diets cannot be accommodated; call 208-608-7680 if you have any questions. This program is for participants age 15 and older.

**Location:** Fort Boise Community Center

| Date:                      | Time:    | Cost:   | Activity #: |
|----------------------------|----------|---------|-------------|
| Tuesdays, March 31-May 12  | 5-7 p.m. | \$73.25 | 300729-01   |
| Wednesdays, April 1-May 13 | 5-7 p.m. | \$73.25 | 300729-02   |

## DANCE ABILITY

Explore various styles of dancing, rhythm and music. Students will learn to increase their strength, flexibility and coordination through dance. This program is for participants age 12 and older. The Spring classes will have the opportunity to perform at the Boise Parks and Recreation Dance Recital on Saturday, May 9.

**Location:** Fort Boise Community Center

| Date (Wednesdays): | Time:          | Cost: | Activity #: |
|--------------------|----------------|-------|-------------|
| April 1-May 13     | 3-4 p.m.       | \$35  | 300538-01   |
| April 1-May 13     | 4:15-5:15 p.m. | \$35  | 300538-02   |



## 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 and sing. This class is designed for individuals who have disabilities age 12 and older and no music experience is needed.

**Location:** Dick Eardley Senior Center

| Date (Thursdays): | Time:          | Cost:   | Activity #: |
|-------------------|----------------|---------|-------------|
| April 2-May 14    | 4:30-5:30 p.m. | \$30.75 | 300764-01   |
| April 2-May 14    | 5:45-6:45 p.m. | \$30.75 | 300764-02   |

## DONATIONS WELCOME!

Scholarship monies are raised from fundraising events like the ChairHoops Wheelchair Basketball Tournament (please see page 6) and individual donors. If you would like to donate to this wonderful program, we could use your assistance. All donations to this program are tax deductible. Please send your donations to the AdVenture Heritage Fund, Boise Parks and Recreation, 700 Robbins Road, Boise, Idaho 83702. You can also donate with a credit card by calling 208-608-7680. Your support in providing recreation opportunities for others is greatly appreciated!

## OH NO, THE ACTIVITY IS FULL!

The AdVenture Program offers a large variety of programs throughout the winter and spring and registration for these activities opened in December. Due to this, the following Winter & 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 by opening the trip to more people and sometimes adding a new date. View the activity descriptions and dates for these programs in the Boise Parks and Recreation Activity Guide available at [cityofboise.org/Adaptive-Recreation](http://cityofboise.org/Adaptive-Recreation) or pick up a copy at Fort Boise Community Center.

### FULL March and April AdVenture Programs:

- Bowling Clubs
- Dinner and a Movie
- Hockey Game & Dinner
- Mini Golf & Dinner
- Theater & Lunch
- Thursday and Friday Social Clubs
- Snowmobiling & Lunch
- Zoo & Dinner

## SOCIAL CLUBS

These clubs are ideal social opportunities for adults with disabilities. Outings include bowling, dinner and a movie, sporting events and more! The staff to participant ratio is 1:6. Members of the club will have the opportunity to work on money management and will need to bring \$2-\$7 for each outing to cover activity costs. Prior to the start of the club, a detailed schedule and fee break down will be available. Register early, these clubs fill up fast!

### Tuesday Social Club (ages 18+)

Location: Fort Boise Community Center

| Date (Tuesdays): | Time:       | Cost: | Activity #: |
|------------------|-------------|-------|-------------|
| April 7-May 12   | 6-8:30 p.m. | \$62  | 300330-01   |

### Wednesday Social Club (ages 18+)

Location: Morley Nelson Community Center

| Date (Wednesdays): | Time:       | Cost: | Activity #: |
|--------------------|-------------|-------|-------------|
| April 8-May 13     | 6-8:30 p.m. | \$62  | 300320-01   |

### Thursday Social Club (ages 18+) - FULL

### Friday Social Club (ages 18-32) - FULL



## ADAPTIVE ICE SKATING AT IDAHO ICEWORLD

In this adaptive ice skating class, students with disabilities will receive instruction based upon their individual needs and goals. Some adaptive equipment is available for use at no extra cost. Contact Jackie Woodland at Idaho IceWorld at 208-608-7718 for more information.

## FINANCIAL SCHOLARSHIPS AVAILABLE

Boise Parks and Recreation offers percentage based financial scholarship to qualified youth and adults with disabilities. To find out if you qualify for a scholarship, apply in advance at Fort Boise Community Center or download the form at [cityofboise.org/Adaptive-Recreation](http://cityofboise.org/Adaptive-Recreation). Scholarship applications may take up to two weeks to process so turn your form in before you wish to register for programs. Please call 208-608-7680 for more information.

## DINE AND DECORATE

Get creative with AdVenture! We will go out to dinner and then create a seasonally themed arts and crafts project. These programs are for participants age 16 and older.

Cost: \$29

Location: Dick Eardley Senior Center

| Date:              | Time:    | Theme:                | Activity #: |
|--------------------|----------|-----------------------|-------------|
| Tuesday, March 17  | 5-9 p.m. | St. Patrick's Day     | 300545-01   |
| Thursday, April 30 | 5-9 p.m. | May Day Paper Flowers | 300545-02   |

## HOT SPRINGS TRIP

Soak in a beautiful Idaho hot spring resort and then go out for a late lunch. The hot spring is accessible and has a lift however there is not a life guard on duty so participants should know their swimming limits. This activity is for participants age 18 and older, unless accompanied by an enrolled adult.

Location: Fort Boise Community Center

| Date:             | Time:             | Cost: | Activity #: |
|-------------------|-------------------|-------|-------------|
| Saturday, March 7 | 10 a.m.-4:30 p.m. | \$43  | 300713-01   |
| Saturday, April 4 | 10 a.m.-4:30 p.m. | \$43  | 300713-02   |

## DISCOVERY CENTER AND LUNCH

Have fun learning about science at the Discovery Center of Idaho. After exploring the interesting, hands-on activities we will go out to lunch. This activity is for participants age 16 and older unless accompanied by an enrolled adult.

Location: Fort Boise Community Center

| Date:            | Time:             | Cost: | Activity #: |
|------------------|-------------------|-------|-------------|
| Friday, March 13 | 10 a.m.-1:30 p.m. | \$32  | 200560-01   |

## SPROUT FILM FESTIVAL & DINNER

The Sprout Film Festival focuses on several short films "that celebrate the diverse lives and creativity of people with intellectual and developmental disabilities." The majority of these movies have actors who have disabilities or are directed by people with disabilities. Some films may be rated PG 13. Before going to see the films, we will go out to dinner. Join us for a fun evening celebrating the artistic abilities of people with disabilities. This activity is for participants age 18 and older.

Location: Fort Boise Community Center

| Date:                             | Time:     | Cost: | Activity #: |
|-----------------------------------|-----------|-------|-------------|
| Friday, April 17 (tentative date) | 5-10 p.m. | \$27  | 300758-01   |

## SUMMER ACTIVITY REGISTRATION

Mark your calendars, registration for Boise Parks and Recreation's Summer programs (including AdVenture Programs) starts on Monday, April 13 for Boise City Residents and on Wednesday, April 15 for Non-Residents. View the activities online at [cityofboise.org/Adaptive-Recreation](http://cityofboise.org/Adaptive-Recreation) the week prior to registration. Register in-person at Fort Boise Community Center, call 208-608-7680 or register online (please note scholarships cannot be applied to online registrations).

# MARCH 2020

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

| SU | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|----|---|---|--|--|---|---|
| 1  | <b>2</b><br><b>Adaptive Art</b><br>4:15-5:30 p.m. FBCC<br><b>Adaptive Yoga</b><br>4:15-5:15 p.m. DESC<br>5:30-6:30 p.m. DESC  | <b>3</b><br><b>Adaptive Fitness</b><br>3-4 p.m. FBCC<br>4-5 p.m. FBCC<br><b>Cooking Class</b><br>5-7 p.m. FBCC<br><b>Tuesday Social Club</b><br>6-8:30 p.m. FBCC<br><b>Bowling Club</b><br>7-8:30 p.m. BSU  | <b>4</b><br><b>Wheelchair Rugby</b><br>12-2:30 p.m. FBCC<br><b>Dance Ability</b><br>3-4 p.m. FBCC<br>4:15-5:15 p.m. FBCC<br><b>Cooking Class</b><br>5-7 p.m. FBCC<br><b>Wednesday Social Club</b><br>6-8:30 p.m. MNCC  | <b>5</b><br><b>Adaptive Fitness</b><br>3-4 p.m. FBCC<br>4-5 p.m. FBCC<br><b>Adaptive Music Class</b><br>4:30-5:30 p.m. DESC<br>5:45-6:45 p.m. DESC<br><b>Thursday Social Club</b><br>6-8:30 p.m. WCC       | <b>6</b><br><b>Hockey Game &amp; Dinner</b><br>5-10 p.m. FBCC<br><b>Friday Social Club</b><br>7-9:30 p.m. FBCC  | <b>7</b><br><b>Adaptive Art</b><br>10-11:15 a.m. FBCC<br><b>Snowmobiling &amp; Lunch</b><br>8:30 a.m.-5 p.m. FBCC<br><b>Hot Springs Trip</b><br>10 a.m.-4:30 p.m. FBCC<br><b>Wheelchair Rugby</b><br>1:15-3:45 p.m. FBCC<br><b>Wheelchair Basketball</b><br>4:15-7:15 p.m. FBCC |
| 8  | <b>9</b><br><b>Adaptive Art</b><br>4:15-5:30 p.m. FBCC<br><b>Adaptive Yoga</b><br>4:15-5:15 p.m. DESC<br>5:30-6:30 p.m. DESC  | <b>10</b><br><b>Adaptive Fitness</b><br>3-4 p.m. FBCC<br>4-5 p.m. FBCC<br><b>Cooking Class</b><br>5-7 p.m. FBCC<br><b>Tuesday Social Club</b><br>6-8:30 p.m. FBCC<br><b>Bowling Club</b><br>7-8:30 p.m. BSU | <b>11</b><br><b>Wheelchair Rugby</b><br>12-2:30 p.m. FBCC<br><b>Dance Ability</b><br>3-4 p.m. FBCC<br>4:15-5:15 p.m. FBCC<br><b>Cooking Class</b><br>5-7 p.m. FBCC<br><b>Wednesday Social Club</b><br>6-8:30 p.m. MNCC | <b>12</b><br><b>Adaptive Fitness</b><br>3-4 p.m. FBCC<br>4-5 p.m. FBCC<br><b>Adaptive Music Class</b><br>4:30-5:30 p.m. DESC<br>5:45-6:45 p.m. DESC<br><b>Thursday Social Club</b><br>6-8:30 p.m. WCC      | <b>13</b><br><b>Discovery Center &amp; Lunch</b><br>10 a.m.-1:30 p.m. FBCC<br><b>Dinner &amp; Movie</b><br>5-9:30 p.m. FBCC<br><b>Friday Social Club</b><br>7-9:30 p.m. FBCC  | <b>14</b><br><b>Adaptive Art</b><br>10-11:15 a.m. FBCC<br><b>Saturday BEST</b><br>10 a.m.-12 p.m. FBCC<br><b>Theater &amp; Lunch</b><br>12-4:30 p.m.<br><b>Wheelchair Rugby</b><br>1:15-3:45 p.m. FBCC<br><b>Wheelchair Basketball</b><br>4:15-7:15 p.m. FBCC                   |
| 15 | <b>16</b><br><b>Adaptive Art</b><br>4:15-5:30 p.m. FBCC<br><b>Adaptive Yoga</b><br>4:15-5:15 p.m. DESC<br>5:30-6:30 p.m. DESC | <b>17</b><br><b>Dine &amp; Decorate</b><br>5-9 p.m. FBCC<br><b>Tuesday Social Club</b><br>6-8:30 p.m. FBCC<br><b>Bowling Club</b><br>7-8:30 p.m. BSU  | <b>18</b><br><b>Wheelchair Rugby</b><br>12-2:30 p.m. FBCC<br><b>Guys Night</b><br>5-9 p.m. FBCC<br><b>Wednesday Social Club</b><br>6-8:30 p.m. MNCC  | <b>19</b><br><b>AdVenture Fundraiser<br/>ChairHoops Wheelchair<br/>Basketball Tournament</b><br>6-9:30 p.m. FBCC<br><b>Ladies Night</b><br>5-9 p.m. FBCC<br><b>Thursday Social Club</b><br>6-8:30 p.m. WCC | <b>20</b><br><b>AdVenture Fundraiser<br/>ChairHoops Wheelchair<br/>Basketball Tournament</b><br>6-9:30 p.m. Timberline HS<br><b>Bowling &amp; Dinner</b><br>5-9:30 p.m. FBCC<br><b>Friday Social Club</b><br>7-9:30 p.m. FBCC | <b>21</b><br><b>AdVenture Fundraiser<br/>ChairHoops Wheelchair<br/>Basketball Tournament</b><br>9 a.m.-3 p.m. Timberline HS<br><b>Wheelchair Rugby</b><br>1:15-3:45 p.m. FBCC   |
| 22 | <b>23</b><br><b>Spring Break Camp</b><br>9 a.m.-3 p.m. WCC  | <b>24</b><br><b>Spring Break Camp</b><br>9 a.m.-3 p.m. WCC<br><b>Bowling Club</b><br>7-8:30 p.m. BSU  | <b>25</b><br><b>Spring Break Camp</b><br>9 a.m.-3 p.m. WCC<br><b>Wheelchair Rugby</b><br>12-2:30 p.m. FBCC   | <b>26</b><br><b>Spring Break Camp</b><br>9 a.m.-3 p.m. WCC   | <b>27</b><br><b>Spring Break Camp</b><br>9 a.m.-3 p.m. WCC<br><b>Dinner &amp; Movie</b><br>5-9:30 p.m. FBCC   | <b>28</b>   |
| 29 | <b>30</b><br><b>Adaptive Art</b><br>4:15-5:30 p.m. FBCC<br><b>Adaptive Yoga</b><br>4:15-5:15 p.m. DESC<br>5:30-6:30 p.m. DESC | <b>31</b><br><b>Adaptive Fitness</b><br>3-4 p.m. FBCC<br>4-5 p.m. FBCC<br><b>Cooking Class</b><br>5-7 p.m. FBCC<br><b>Tuesday Social Club</b><br>6-8:30 p.m. FBCC<br><b>Bowling Club</b><br>7-8:30 p.m. BSU |  |  |   |   |

## ABBREVIATION KEY & ADDRESSES

BSU – Boise State University Student Union Building, 1910 University Dr.  
 DESC – Dick Eardley Senior Center, 690 Robbins 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

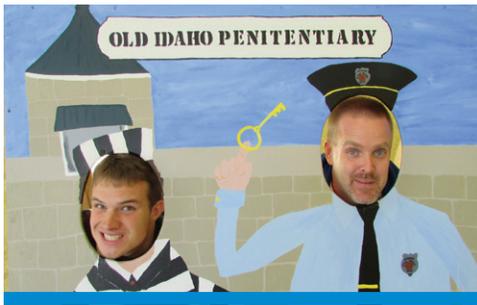
AdVentureProgram@cityofboise.org  
 Cityofboise.org/adaptive-recreation

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](http://cityofboise.org/adaptive-recreation)



**PARKS AND  
RECREATION**

| SU | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|----|---|--|---|--|---|--|
|    |   |  | <b>1</b><br><b>Dance Ability</b><br>3-4 p.m. FBCC<br>4:15-5:15 p.m. FBCC<br><b>Cooking Class</b><br>5-7 p.m. FBCC<br><b>Wednesday Social Club</b><br>6-8:30 p.m. MNCC   | <b>2</b><br><b>Adaptive Fitness</b><br>3-4 p.m. FBCC<br>4-5 p.m. FBCC<br><b>Adaptive Music Class</b><br>4:30-5:30 p.m. DESC<br>5:45-6:45 p.m. DESC<br><b>Thursday Social Club</b><br>6-8:30 p.m. WCC   | <b>3</b><br><b>History Museum &amp; Lunch</b><br>10 a.m.-2 p.m. FBCC<br><b>Dinner &amp; Movie</b><br>5-9:30 p.m. FBCC<br><b>Friday Social Club</b><br>7-9:30 p.m. FBCC        | <b>4</b><br><b>Adaptive Art</b><br>10-11:15 a.m. FBCC<br><b>Hot Springs Trip</b><br>10 a.m.-4:30 p.m. FBCC<br><b>Goalball</b><br>FBCC  |
| 5  | <b>6</b><br><b>Adaptive Art</b><br>4:15-5:30 p.m. FBCC<br><b>Adaptive Yoga</b><br>4:15-5:15 p.m. DESC<br>5:30-6:30 p.m. DESC  | <b>7</b><br><b>Adaptive Fitness</b><br>3-4 p.m. FBCC<br>4-5 p.m. FBCC<br><b>Cooking Class</b><br>5-7 p.m. FBCC<br><b>Tuesday Social Club</b><br>6-8:30 p.m. FBCC<br><b>Bowling Club</b><br>7-8:30 p.m. BSU   | <b>8</b><br><b>Dance Ability</b><br>3-4 p.m. FBCC<br>4:15-5:15 p.m. FBCC<br><b>Cooking Class</b><br>5-7 p.m. FBCC<br><b>Wednesday Social Club</b><br>6-8:30 p.m. MNCC   | <b>9</b><br><b>Adaptive Fitness</b><br>3-4 p.m. FBCC<br>4-5 p.m. FBCC<br><b>Adaptive Music Class</b><br>4:30-5:30 p.m. DESC<br>5:45-6:45 p.m. DESC<br><b>Thursday Social Club</b><br>6-8:30 p.m. WCC   | <b>10</b><br><b>Zoo &amp; Dinner</b><br>3-7 p.m. FBCC<br><b>Friday Social Club</b><br>7-9:30 p.m. FBCC  | <b>11</b><br><b>Adaptive Art</b><br>10-11:15 a.m. FBCC<br><b>Saturday BEST</b><br>10 a.m.-12 p.m. FBCC<br><b>Goalball</b><br>FBCC  |
| 12 | <b>13</b><br><b>Adaptive Art</b><br>4:15-5:30 p.m. FBCC<br><b>Adaptive Yoga</b><br>4:15-5:15 p.m. DESC<br>5:30-6:30 p.m. DESC | <b>14</b><br><b>Adaptive Fitness</b><br>3-4 p.m. FBCC<br>4-5 p.m. FBCC<br><b>Cooking Class</b><br>5-7 p.m. FBCC<br><b>Adaptive Bike Ride</b><br>6-7:30 p.m. KAMP<br><b>Tuesday Social Club</b><br>6-8:30 p.m. FBCC<br><b>Bowling Club</b><br>7-8:30 p.m. BSU | <b>15</b><br><b>Dance Ability</b><br>3-4 p.m. FBCC<br>4:15-5:15 p.m. FBCC<br><b>Cooking Class</b><br>5-7 p.m. FBCC<br><b>Wednesday Social Club</b><br>6-8:30 p.m. MNCC  | <b>16</b><br><b>Adaptive Fitness</b><br>3-4 p.m. FBCC<br>4-5 p.m. FBCC<br><b>Adaptive Music Class</b><br>4:30-5:30 p.m. DESC<br>5:45-6:45 p.m. DESC<br><b>Thursday Social Club</b><br>6-8:30 p.m. WCC  | <b>17</b><br><b>Sprout Film &amp; Dinner</b><br>5-10 p.m. FBCC<br><b>Friday Social Club</b><br>7-9:30 p.m. FBCC   | <b>18</b><br><b>Adaptive Art</b><br>10-11:15 a.m. FBCC<br><b>Adaptive Sports Clinic</b><br><b>Goalball &amp; Judo</b><br>1:30-4:30 p.m. FBCC<br><b>Game Night &amp; Dinner</b><br>5-8 p.m. FBCC<br><b>Goalball</b><br>FBCC |
| 19 | <b>20</b><br><b>Adaptive Art</b><br>4:15-5:30 p.m. FBCC<br><b>Adaptive Yoga</b><br>4:15-5:15 p.m. DESC<br>5:30-6:30 p.m. DESC | <b>21</b><br><b>Adaptive Fitness</b><br>3-4 p.m. FBCC<br>4-5 p.m. FBCC<br><b>Cooking Class</b><br>5-7 p.m. FBCC<br><b>Tuesday Social Club</b><br>6-8:30 p.m. FBCC<br><b>Bowling Club</b><br>7-8:30 p.m. BSU  | <b>22</b><br><b>Wheelchair Rugby</b><br>12-2:30 p.m. FBCC<br><b>Dance Ability</b><br>3-4 p.m. FBCC<br>4:15-5:15 p.m. FBCC<br><b>Cooking Class</b><br>5-7 p.m. FBCC<br><b>Adaptive Bike Ride</b><br>6-7:30 p.m. KAMP<br><b>Wednesday Social Club</b><br>6-8:30 p.m. MNCC | <b>23</b><br><b>Adaptive Fitness</b><br>3-4 p.m. FBCC<br>4-5 p.m. FBCC<br><b>Adaptive Music Class</b><br>4:30-5:30 p.m. DESC<br>5:45-6:45 p.m. DESC<br><b>Thursday Social Club</b><br>6-8:30 p.m. WCC  | <b>24</b><br><b>Old Penitentiary &amp; Lunch</b><br>11 a.m.-3 p.m. FBCC<br><b>Mini Golf &amp; Dinner</b><br>5-8:30 p.m. FBCC<br><b>Friday Social Club</b><br>7-9:30 p.m. FBCC | <b>25</b><br><b>Adaptive Art</b><br>10-11:15 a.m. FBCC<br><b>Bike Ride &amp; Picnic</b><br>10:30 a.m.-1 p.m. KAMP<br><b>Goalball</b><br>FBCC   |
| 26 | <b>27</b><br><b>Adaptive Art</b><br>4:15-5:30 p.m. FBCC<br><b>Adaptive Yoga</b><br>4:15-5:15 p.m. DESC<br>5:30-6:30 p.m. DESC | <b>28</b><br><b>Adaptive Fitness</b><br>3-4 p.m. FBCC<br>4-5 p.m. FBCC<br><b>Cooking Class</b><br>5-7 p.m. FBCC<br><b>Tuesday Social Club</b><br>6-8:30 p.m. FBCC<br><b>Bowling Club</b><br>7-8:30 p.m. BSU  | <b>29</b><br><b>Dance Ability</b><br>3-4 p.m. FBCC<br>4:15-5:15 p.m. FBCC<br><b>Cooking Class</b><br>5-7 p.m. FBCC<br><b>Adaptive Bike Ride</b><br>6-7:30 p.m. KAMP<br><b>Wednesday Social Club</b><br>6-8:30 p.m. MNCC   | <b>30</b><br><b>Adaptive Fitness</b><br>3-4 p.m. FBCC<br>4-5 p.m. FBCC<br><b>Adaptive Music Class</b><br>4:30-5:30 p.m. DESC<br>5:45-6:45 p.m. DESC<br><b>Dine &amp; Decorate</b><br>5-9 p.m. FBCC<br><b>Thursday Social Club</b><br>6-8:30 p.m. WCC |   |  |



## OLD PENITENTIARY TOUR & LUNCH

Join us for lunch and then go on a tour of the historic Old Idaho Penitentiary. This activity is for participants age 16 and older, unless accompanied by an enrolled adult.

**Cost:** \$27

**Location:** Fort Boise Community Center

| Date:            | Time:          | Activity #: |
|------------------|----------------|-------------|
| Friday, April 24 | 11 a.m.-3 p.m. | 300575-01   |



Join us for a group bike ride along the beautiful Greenbelt. Bring your own bike or use one of our adaptive hand cycles, adult tricycles, recumbent tricycles, or tandem bikes (before registering, call Sonya at 208-608-7681 for bike availability and reservations). These 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. Many more rides will be offered in the Summer Activity Guide.

## ADAPTIVE BIKE RIDES

**Cost:** \$6.25

**Location:** Kristin Armstrong Municipal Park

| Date:               | Time:       | Activity #: |
|---------------------|-------------|-------------|
| Tuesday, April 14   | 6-7:30 p.m. | 300737-01   |
| Wednesday, April 22 | 6-7:30 p.m. | 300737-02   |
| Wednesday, April 29 | 6-7:30 p.m. | 300737-03   |
| Wednesday, May 6    | 6-7:30 p.m. | 300737-04   |

## ADAPTIVE BIKE & PICNIC

**Cost:** \$14

**Location:** Kristin Armstrong Municipal Park

| Date:              | Time:             | Activity #: |
|--------------------|-------------------|-------------|
| Saturday, April 25 | 10:30 a.m.-1 p.m. | FULL        |

## MORE ADAPTIVE RECREATION IN THE TREASURE VALLEY

### ADAPTIVE SKIING & SNOWBOARDING

Boise Adaptive Snowsport Education offers adaptive Bogus Basin skiing/snowboarding opportunities at for people with disabilities. Learn more at [baseidaho.org](http://baseidaho.org).

### AQUABILITY

AquAbility offers swimming clinics for individuals with disabilities. Visit [aquability.org](http://aquability.org) to learn more.

### GAME CHANGERS IDAHO

Adaptive flag football, soccer and clinics for youth (grades K-12). Visit [gamechangersidaho.com](http://gamechangersidaho.com) to learn more.

### SPECIAL OLYMPICS IDAHO

Training and athletic competitions for people with intellectual disabilities. Learn more at [idso.org/idaoh](http://idso.org/idaoh).

### WHEELCHAIR TENNIS

The Idaho Wheelchair Tennis Association offers wheelchair tennis instruction to all levels of players. Visit their Facebook page or e-mail [info@idahowheelchairtennis.com](mailto:info@idahowheelchairtennis.com) to learn more.

### FIRST THURSDAY & DINNER

Enjoy First Thursday with AdVenture. We will go out to dinner, explore a museum, walk around town and grab some dessert! Please note that all AdVenture programs are alcohol free. This activity is for participants age 18 and older.

**Cost:** \$26

**Location:** Fort Boise Community Center

| Date:           | Time:    | Activity #: |
|-----------------|----------|-------------|
| Thursday, May 7 | 5-9 p.m. | 300725-01   |

### BRUNEAU SAND DUNES

Bruneau Sand Dunes is a beautiful park featuring towering dunes of sand for climbing and playing. We will spend the day exploring the dunes, eating lunch and having fun! Participants must be able to stay with the group. This activity is for participants age 16 and older, unless accompanied by an enrolled adult.

**Cost:** \$27

**Location:** Fort Boise Community Center

| Date:           | Time:            | Activity #: |
|-----------------|------------------|-------------|
| Saturday, May 9 | 9:30 a.m.-4 p.m. | 300712-01   |



## CHAIRHOOPS WHEELCHAIR BASKETBALL TOURNAMENT FUNDRAISER MARCH 19-21, 2020

Wheelchair Basketball Tournament for people with and without disabilities. Gather your friends and create your team of 10 players to support the AdVeture program which offers recreation for individual with disabilities. Wheelchairs will be provided. Register early, the tournament is limited to 20 teams. All registered players will receive a ChairHoops T-shirt. **The team registration fee of \$155 is due by March 2, 2020 but register early as the tournament fills up.** Don't want to play in the tournament, but still want to support this fundraiser? You can collect pledges, bid on silent auction prizes at the tournament and cheer on the teams! Games will be held:

- Thursday, March 21 from 6-9:30 p.m. at Fort Boise Community Center (700 Robbins Road)
- Friday, March 22 from 6-9:30 p.m. at Timberline High School (701 E Boise Ave, Boise)
- Saturday, March 23 from 9 a.m.-2 p.m. at Timberline High School (701 E Boise Ave, Boise)

For more information or to register your team please call 208-608-7680.

# 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 BASKETBALL

Get out of the cold and come play the fast-paced game of wheelchair basketball. This is your chance to learn the rules of the game, practice your skills and then play a few pick-up games. You do not have to have a disability to play, wheelchairs will be provided for your use. Players of all ages and skill levels are welcome to play at any time, however from 4:15-6 p.m. play will be at a recreation level and then from 6-7:15 p.m. we will have the opportunity for a more competitive practice time. \*If fewer than six players come then practice will end at 6:15 p.m. Youth under 18 may enroll if accompanied by an adult.

**Location:** Fort Boise Community Center

| Date:                          | Time:           | Cost:   |
|--------------------------------|-----------------|---------|
| Saturdays, January 11-March 14 | 4:15-7:15 p.m.* | \$4/day |

## SATURDAY BEST CLUB – For Youth with Visual Impairments

Boise Parks and Recreation, in partnership with the National Federation of the Blind, is offering the BEST Saturday Club (Braille Enrichment and Skills Training) the second Saturday of the month. Each month will feature braille reading/writing and a different recreation activity or field trip. This program is designed for elementary age youth with visual impairments.

**Cost:** \$31

**Location:** Fort Boise Community Center

| Date (Saturdays):          | Time:           | Activity #: |
|----------------------------|-----------------|-------------|
| March 14, April 11 & May 9 | 10 a.m.-12 p.m. | 200760-01   |



**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. A drop-in rate of \$5 per day is available or enroll in the session at a discount. Youth under 18 may enroll if accompanied by an adult.

**Location:** Fort Boise Community Center

| Date:                  | Time:          | Cost:   | Activity #: |
|------------------------|----------------|---------|-------------|
| Wednesdays, March 4-25 | 12-2:30 p.m.   | \$15    | 300704-01   |
| Saturdays, March 7-21  | 1:15-3:45 p.m. | \$11.50 | 300704-02   |

## GOALBALL

Learn to play Goalball, a Paralympic sport which is designed for individuals who have visual impairments. Join us on Saturdays to learn the rules, practice and play a few games. Youth under the age of 18 may enroll if accompanied by an adult. To learn more please call 208-608-7680.

**Location:** Fort Boise Community Center

| Date (Saturdays): | Time:          | Cost:   | Activity #: |
|-------------------|----------------|---------|-------------|
| April 4-May 16    | call for times | \$22.85 | 300801-01   |

## ADAPTIVE SPORTS CLINIC – For People with Visual Impairments

Youth and adults are invited to try adaptive sports that are specifically designed for individuals with visual impairments. Try Goalball and Judo at this one-day clinic. No sports experience is needed and all equipment is provided. This event is offered in partnership by Boise Parks and Recreation and the Northwest Association for Blind Athletes. Please call 208-608-7680 for more information and to sign up. **The event is free but advance registration is required.** This clinic is for participants age 7 and older, parents of youth are encouraged to enroll and participate.

**Location:** Fort Boise Community Center

| Date:              | Time:          | Cost: | Activity #: |
|--------------------|----------------|-------|-------------|
| Saturday, April 18 | 1:30-4:30 p.m. | FREE! | 200709-01   |



**IDAHO YOUTH ADAPTIVE SPORTS CAMP**

This year marks the 33rd anniversary of the Idaho Youth Adaptive Sports Camp! This camp provides youth with physical disabilities a memorable sports camp experience. Individuals ages 6-19 who use a wheelchair or an assisted device (walker, crutches, AFO braces, etc.) to help with mobility have the opportunity to try adaptive sports, develop skills and improve their fitness level. Participants will get to enjoy a variety of athletic and recreational activities such as wheelchair tennis, track and field, fishing, canoeing, wheelchair basketball, wheelchair rugby and more. If you would like more information on camp or to register, please call Emily Kovarik at 208-608-7680. Please enroll early! \*\$65 registration is due by or before May 21. On May 22 the price increases to \$80. The deadline to register is Monday, June 1.

**Location:** Fort Boise Community Center

| Date:           | Time:         | Cost: | Activity #: |
|-----------------|---------------|-------|-------------|
| June 17-June 20 | 9 a.m.-3 p.m. | \$65* | 300704-01   |

## ADAPTIVE CYCLING

AdVenture offers a variety of group rides on the Greenbelt. Participants can bring their own bike or use one of our adaptive handcycles, trikes or tandem trikes. On May 16 we are hosting a free Adaptive Bike Fair where you can tryout all of our adaptive cycles. Please see page 6 to learn more or call 208-608-7680.



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

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## 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](http://cityofboise.org/adaptive-recreation). Sometimes courses fill up or are canceled because people wait too long to register. Please register early to avoid disappointment!

## Volunteer Spotlight JANUARY AND FEBRUARY

*Thank you for volunteering with AdVenture!*

Alicia Curry  
 Amanda Zielenski  
 Annabel Nunez  
 Ayla Gabel  
 Bella Rupe  
 Cassidy Ridgway  
 Charlie McMullen  
 Claire Oberg

Connor Martin  
 Daniel Nakashima  
 Danielle Snyers  
 Donovan Caufield  
 Elizabeth Ramirez  
 Elyse Burandt  
 Erin Skufca  
 Jeff Sparks

Jose Rubio  
 Kim Russell  
 Marcus DeBuhr  
 Matt Greenwald  
 Matt Kirkland  
 Megan Fisher  
 Navey Uasike  
 Raul Becerra

Ryan Pineda  
 Savannah Kisling  
 Sydni Frank  
 Taylor Dunlop  
 Tori Omlin



# AdVenture - ADAPTIVE RECREATION FOR ALL ABILITIES

