



Therapeutic Recreation Services



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OUR MISSION



The Therapeutic
Recreation Division
of the Chattanooga
Youth and Family

August 2016

Greetings!

The information contained in this email is for the month of August and includes information about upcoming programs. If you have any questions regarding the services we offer, please feel free to contact us!

Sincerely,

Elaine Adams, CTRS
eadams@chattanooga.gov
423.643.6607

Michelle Brickey, CTRS
mtbrickey@chattanooga.gov

Development 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.

Chillin' Like Villains

Young Adult Social Group



Chillin' Like Villains is a young adult social group for individuals who have various disabilities. We meet once a month at different locations around town and do a variety of activities such as attend sporting events, potluck dinners, movies and much more.

WHAT: Pool party at the Elks Lodge!!!

Monday, August 1st, 6-8PM

Pizza and drinks provided

RSVP to Michelle ASAP

WHERE: ELks Lodge, 1067 Graysville Rd.

DATE: Monday, August 1st

WHEN: 6-8pm

WHAT TO BRING: towel, swimwear, and your appetite!

*Personal Flotation Devices (PFD's) will be provided

RSVP for all activities to Michelle at mtbrickey@chattanooga.gov or 423-643-6606

Elaine at eadams@chattanooga.gov or 423-643-6607

Rowing



Interested in rowing classes this August?

Only a few spaces left!

Do you want to learn how to row? Or get back into it? Classes will be held at the Chattanooga Juniors Boathouse once a week beginning in August. Contact Michelle at mtbrickey@chattanooga.gov to get on the list or for more information!
Space is limited!

WHAT: Rowing classes

WHO: Individuals who have cognitive and/or physical disabilities; new to rowing or returning.

WHEN: Beginning *mid August*, meetings once/week.

HOW LONG: 6-8 weeks, weather dependent

RSVP: To Michelle at

mtbrickey@chattanooga.gov or (423) 643-6606

Catalyst Climbing Clinics

**CLINICS FOR INDIVIDUALS WITH
PHYSICAL DISABILITIES!**



WHAT: Catalyst Sports is a non-profit organization based out of Atlanta whose mission is as follows: to empower people by providing the highest quality of adaptive sports to the disabled community.

www.gocatalystsports.org

WHO: Individuals with physical disabilities, ages 5 and up

WHEN: The 3rd Thursday of each month, *August 18th*

TIME: 5:30-7:30 pm

WHERE: High Point Climbing and Fitness Center **COST:** Free!

CONTACT: To sign up and for more information, questions, dates, times, etc. please contact Michelle at mtbrickey@chattanooga.gov or 423-643-6606 or Elaine at 423-643-6607 or eadams@chattanooga.gov

Team River Runner

Padding for Wounded Veterans and their Families



WHAT: Team River Runner (TRR), a 501(c)3 non-profit organization, gives active duty service members and veterans an opportunity to find health, healing, and new challenges through whitewater boating and other paddling sports. Therapeutic Recreation Services is Chattanooga's local chapter! (teamriverrunner.org)

WHO: Veterans and active duty service members who are service connected, and their family members. This includes PTSD, TBI, SCI and others that qualify as a disability. No previous kayak experience required! Each participant is met on whichever level that are currently at. All equipment and adaptations provided.

WHEN: Every other Wednesday night, **August 3rd, 17th, and 31st.**

WHERE: subject to change, *Contact Michelle for details!*

COST: FREE!

CONTACT: Michelle to get on the list, or with any questions at mtbrickey@chattanooga.gov or 423.643.6606

Scenic City Adaptive Cycling with SPARC, a chapter of DSUSA

This program is Co-Sponsored by SPARC (SPorts, Arts and Recreation of Chattanooga - a local chapter of DSUSA) and Outdoor Chattanooga



WHAT/WHO: SPARC is a local 501(c)(3) non-profit organization, which provides competitive and recreational opportunities to persons with disabilities in an integrated setting, i.e., persons with and without disabilities participating together. SPARC is a chapter of Disabled Sports USA, (DSUSA), which was founded by USA military veterans, with a motto of: "If I can do this, I can do anything."

An adaptive cycling program for individuals with disabilities. Hand cycles and tandem bikes are available for individuals who have physical and visual disabilities. Three wheeled bikes and additional bikes available too! In addition to this, Outdoor Chattanooga brings their bike fleet for additional support and traditional bike are available to check out. Depending on the cycle needed, participants will have to be approved by the group that owns the cycle and fill out liability forms from the specific group you use a cycle form. Visit the website for more info on SPARC www.sparctn.org

WHEN: Two Mondays/month

DATES: *Please note the date correction:* August 8th and 22nd

TIME: 6 pm-dusk

WHERE: The Tennessee Riverpark at the Hubert Fry Center (4501 Amnicola Hwy)

COST: FREE!

CONTACT: Jerry at 423-596-5268, jhightower@ctiengr.com
Or Elaine at 423-643-6607, eadams@chattanooga.gov

Please note that equipment is limited and pre-registration is REQUIRED!

Minimum Requirements for the Safety of Participants:

1. Must have the cognitive ability to follow directions and

instructions.

2. Must be able to apply the brakes and come to a complete stop

by the end of the first day of participation.

3. Must be able to ride independently on the path with a volunteer by the third day of participation.

4. Traumatic Brain Injury (TBI) must be one year post injury.

5. Must not have medical issues which could endanger the participant, including seizures.

6. Approved helmets must be worn by all riders.

7. Participants, or guardians for participants under the age of 18, must sign liability release forms from SPARC, a chapter or DSUSA.

This program is co-sponsored by SPARC (Sports, Arts and Recreation of Chattanooga, a local chapter of DS-USA) and Outdoor Chattanooga.



SUPER HOOPS!



Mark your calendars! Get ready!!

Coming August 29th!!!

**REGISTRATION DEADLINE IS AUGUST 24TH!*

An intramural basketball program focusing on the sport as well as social, physical, cognitive, and emotional skills.

WHO: For individuals ages 12 and up who have cognitive disabilities.

WHEN: Mondays,

Skill Level 1: 5:30-6:30pm

--Intermediate

Skill Level 2: 6:30-7:30pm

--Advanced

WHERE: North Chattanooga Recreation Center (406 May St, 37405)

DATES: Mondays, August 29th-Oct. 24th

COST: \$20 for the entire 8-week program

RSVP: Michelle at mtbrickey@chattanooga.gov or 423-643-6606

**REGISTRATION DEADLINE IS AUGUST 24TH!*

**Camp ZooAbility 2016
Recap**



Camp ZooAbility 2016 has come and gone.... but beautiful memories were made and good times were had!

**Videos will soon be available on our up and coming 'Chatt Therapeutic Rec' youtube channel.*

Mark your calendars for March 1st next year when registration opens for 2017!

Fall programming is in the works! Keep an eye out for our Fall newsletter coming soon!

Sincerely,

Elaine Adams
Michelle Brickey
Chattanooga Therapeutic Recreation Services
