

Fun, Fitness, & Friendship!

- ➔ **Cycling**
- ➔ **Rowing**
- ➔ **Wheelchair Rugby**
- ➔ **Archery**
- ➔ **Wheelchair Basketball**
- ➔ **Trap Shooting**
- ➔ **Yoga**
- ➔ **Golf**
- ➔ **Power Soccer**
- ➔ **Bowling**
- ➔ **Billiards**
- ➔ **And More!**

- ➔ Open to all ages and abilities
- ➔ No experience required
- ➔ No cost to the individual
- ➔ Equipment and instruction provided
- ➔ Recreational and competitive opportunities



For more information about the
Adaptive Sports & Recreation Program:

904.345.7314

Facebook: BrooksAdaptiveSportsandRecreation

Twitter: @BrooksAdaptive

Flickr: BrooksAdaptiveSports

Instagram: BrooksAdaptiveSports

MONDAY

Archery
League Night or Novice
Night
6:30 PM – 8:30 PM

Fort Caroline Archery
Club
11678 Fort Caroline Rd.
Jacksonville, FL 32225

This event alternates
weeks and takes breaks
between seasons.
Refer to weekly
newsletter or call to
verify.

TUESDAY

Adaptive Yoga^R
Ambulatory Participants
12:00 PM – 1:00 PM

Arlington YMCA
Wellness Center
10131 Atlantic Blvd.
Jacksonville, FL 32225

Adaptive Yoga^R
Wheelchair Users
1:30 PM – 2:30 PM

Arlington YMCA
Wellness Center
10131 Atlantic Blvd.
Jacksonville, FL 32225

Wheelchair Rugby
Practice w/Bandits
7:00 PM – 10:00 PM

Brooks Family YMCA
10423 Centurion
Parkway N
Jacksonville, FL 32256

WEDNESDAY

Indoor ERG Rowing
5:30 PM – 7:30 PM

Negaard Rowing Center
Jacksonville University
2800 University Blvd.
Jacksonville, FL 32211

Trap Shooting^R
4:30 PM – 6:00 PM
*Third Wednesday of
each month*

Jacksonville Clay
Target Sports
12125 New Berlin Road
Jacksonville, FL 32226

THURSDAY

Cycling^{R*}
Alternate Location
9:00 AM – 11:00 AM

Jacksonville-Baldwin
Rail Trail
1225 Halsema Rd. N
Jacksonville, FL 32220

Power Soccer
Practice w/Barracudas
6:00 PM – 8:30 PM

Cuba Hunter
Community Center and
Gymnasium
3500 Hunter Rd.
Jacksonville, FL 32207

Wheelchair Basketball
Practice w/Ballers
7:00 PM – 10:00 PM

Brooks Family YMCA
10423 Centurion
Parkway N
Jacksonville, FL 32256

FRIDAY

Friday Night Event
5:30 PM – 7:30 PM
*Family and Friends
Welcome!*

*Alternating events
each Friday:*

Billiards
Q-Ball Billiards
10150-1 Beach Blvd
Jacksonville, FL 32246

OR

Bowling
Bowl America
11141 Beach Blvd
Jacksonville, FL 32246

SATURDAY

Cycling^{R*}
9:00 AM – 11:00 AM

BCBS Florida Campus
4800 Deerwood
Campus Pkwy.
Jacksonville, FL 32246

Wheelchair Rugby
Practice w/Bandits
2:30 PM – 6:00 PM

Brooks Family YMCA
10423 Centurion
Parkway N
Jacksonville, FL 32256

Other Events

Golf^R
2 hour session
See Weekly Newsletter
for Dates

Jacksonville Beach
Golf Club
605 Penman Rd. S
Jacksonville Beach, FL
32250

To receive a weekly calendar of Adaptive Sports and Recreation Program events and special event notifications by email, please call 904.345.7314 or email brooks.adaptivesports@brooksrehab.org