



Adaptive Sports and Recreation June- August 2024 Schedule

All Opportunities Require Registration (use QR code)

Bowling- June 5, July 3, August 7 4-5:45 pm Bowlmor Lanes, 47 Tarrytown Rd, White Plains

Handcycling June 13, July 11, Aug 8 5-6:30 pm Burke Track 785 Mamaroneck Ave.

Handcycling Trails Without Limits-Westchester Parks Foundation Bronx River Parkway-Complete Interest Form (link below)-office will contact you for a date and time.

https://docs.google.com/forms/d/e/1FAIpQLScBsFWCHyeIN_6CatN66Kd-8maW5HAgpmctVZXX_RGGR04DOW/viewform



Hiking Trails Without Limits-Westchester Parks Foundation-You must register(link below)
The office will contact you for a date and time.

<https://www.thewpf.org/trailswithoutlimits#:~:text=Our%20adaptive%20cycling%20program%20allows,have%20lower%20limb%20mobility%20restrictions>

Kayaking July 28, Aug 11 Time TBD based on the Tide Peekskill, NY

Online:

Seated **Boxing**: June 3, 17; July 1, 15

Zoom w/ Pierre: 1:30-2:30pm

Seated **Yoga**: June 10, 24; July 8, 22

Zoom w/ Abby 1:30-2:30pm

Zumba Zoom Fitness: Every Tuesday

Zoom w/ Clarisse 10:30-11:30a

Questions? Email adaptivesports@burke.org or visit Burke.org



Live Your Life, Get Active, Learn a new Sport, Meet people

Therapeutic Recreation Dept. 914-597-2497

Burke Rehabilitation Hospital 785 Mamaroneck Ave, White Plains, NY 1060

