



Cleveland Metroparks®

# Adaptive Programs 2025

## OUTDOOR RECREATION



Register for an upcoming program:

Scan the QR Code or visit our website to register!

### Try-It: Handcycling – Cost: \$5

Saturday | April 12 | 1 - 2 p.m. & 2:30 - 3:30 p.m.

Thursday | May 15 | 4:30 - 5:30 p.m. & 6 - 7 p.m.

Acacia Reservation | Acacia Shelter

### Try-It: Adaptive Kayaking – Cost: \$5

Sunday | April 13 | 9:30 - 11:00 a.m.

Seven Hills Recreation Center | Seven Hills

### Mindfulness Hike – FREE

Thursday | April 17 | 5:30 - 7 p.m.

Acacia Reservation | Acacia Shelter

Wednesday | May 7 | 5:30 - 7 p.m.

West Creek Reservation | Monarch Bluff Picnic Area

*Action Trackchair & GRIT Freedom Chair*  
reservable on a first-come, first-served basis  
at select programs including this year's



Cleveland Metroparks

TrailChallenge



Presented by

Metro Health

[clevelandmetroparks.com/trailchallenge](https://clevelandmetroparks.com/trailchallenge)

Call to reserve equipment or to discuss any disability-related needs.



GRIT Freedom Chair



Action Trackchair

For more information: [clevelandmetroparks.com/or](https://clevelandmetroparks.com/or) • 216-341-1704 • [or@clevelandmetroparks.com](mailto:or@clevelandmetroparks.com)





# Adaptive Outdoor Recreation Series

Are you looking to explore new ways to experience the outdoors in a supportive, social setting? See what Cleveland Metroparks Outdoor Recreation has to offer in this series designed for adults with physical disabilities. Try a different outdoor recreation activity each session with options including hiking, cycling, kayaking and more! Whether you're looking to spend more time outdoors, learn a new skill or challenge yourself, you're sure to find something to enjoy in this multiday, 4-part series.

- **May 9** | Garfield Park Program Center | Garfield Park Reservation
- **June 13** | Garfield Park Program Center | Garfield Park Reservation
- **July 11** | Garfield Park Program Center | Garfield Park Reservation
- **August 8** | Acacia Shelter | Acacia Reservation

**Who:** Adults with physical disabilities, 18+ years of age

**When:** The second Friday of each month May through August, 6 - 8 p.m.

**Fee:** \$45 for the entire 4-part series

- Includes all instruction, equipment, adaptations
- Guests may bring a support person to participate free of charge
- Scholarships available for those who qualify

**For more information:**

- Visit [clevelandmetroparks.com/or](http://clevelandmetroparks.com/or)
- Email [or@clevelandmetroparks.com](mailto:or@clevelandmetroparks.com)
- Call 216-341-1704



## Choose Your Adventure Inclusive One-Day Camp

This camp is designed to be accessible and inclusive to youth with and without disabilities. Get a taste of a variety of outdoor recreation skills and activities at the new Garfield Park Program Center! Kayaking, fishing, hiking and archery are possible activities; however, not all are guaranteed. Actual activities for the day are based on weather/water conditions, instructor decisions, and group preferences based on a pre-survey.

**Where:** Garfield Park Program Center | Garfield Park Reservation

**Fee:** \$40 - Equipment is included

**Age:** 12 to 15 years

**When:** August 1: 10 a.m. - 2 p.m.



**To register, call 216-341-1704 or visit [clevelandmetroparks.com/or](http://clevelandmetroparks.com/or)**