

Club Rec is...

Adaptive
Sports,
Fishing, Bowling,
Golf, Pool
& Aquatics



Therapy,
Fitness &
Wellness Programs



Adaptive Cruises,
Arts,
Game Nights
& more!



A Community: a
Place of Healing,
Hope & the Power
to Overcome



Club Rec is located at the Sheltering Arms Midtown Center and is on the GRTC bus line. Transportation is also available through CARE and Access Chesterfield.

Location:

**2805 W. Broad Street
Richmond, VA 23230**

To learn more,
call or visit us online:

(804) 764-5275



www.ShelteringArms.com

Club Rec

DAY RECREATION PROGRAM

Sheltering Arms
PHYSICAL REHABILITATION CENTERS



HELPING PEOPLE FIND THE POWER TO OVERCOME

www.ShelteringArms.com

WHAT IS CLUB REC?

Club Rec is a day recreation program for individuals with a disability or physical limitation who can benefit from supervised social, recreational and wellness activities. Through a holistic approach, the recreational therapists at Club Rec are dedicated to helping you adapt to life after illness or injury, promoting healthy living and enhancing your quality of life.

Club Rec members have access to:

- Organized recreation programs
- Health and leisure education
- Coping skills group
- Spirituality group
- Recreation/adaptive equipment
- Computer lab
- Onsite fitness center (equipment for people with limited movement)
- Therapeutic pool
- Community outings
- Accessible travel opportunities
- Community service projects
- Arts and crafts
- Cooking group
- Yoga

Club Rec meets daily Monday through Friday from 8 a.m. to 4:30 p.m. with structured recreation/fitness programming from 9 a.m. to 3 p.m. Members can attend one to five days per week.

We also offer evening and weekend special recreation programs and events!



Club Rec is a non-medically based program and is not covered by Medicaid/Medicare, however financial assistance is available for those who qualify. Participants should be medically stable and independent with medication management.

To ensure that the program will be able to properly meet your needs, we ask that you schedule an appointment to visit the Club Rec program and complete an assessment with a therapist.



THERAPY AT CLUB REC

For members who need physical, occupational and/or speech therapy, these services are available onsite at Club Rec during regular hours Monday through Friday.

Therapy services require a physician referral and are often covered by insurance. We are here to assist you in navigating payment methods and the financial assistance process as needed.

Combining comprehensive therapy with recreation and wellness services provides more physical, cognitive, emotional and social opportunities than traditional outpatient therapy alone. This is particularly beneficial for individuals continuing to recover from a stroke, traumatic brain injury or spinal cord injury.