

Club Rec is...

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



Therapy,
Fitness &
Wellness Programs



Adaptive Cruises,
Arts,
Game Nights,
and more!



A Community: a
place of healing,
hope, and finding
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**



Club Rec

Day Recreation Program



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
- On-site fitness center, including 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 Thursday 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 four 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 must be medically stable and independent with medication management.

To ensure that the program will meet your needs, please schedule an appointment to complete an assessment with a therapist and visit the Club Rec program.



THERAPY AT CLUB REC

For members who need physical, occupational, and/or speech therapy, these services are available 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 who are continuing to recover from a stroke, traumatic brain injury, or spinal cord injury.