

GET ACTIVE TODAY!

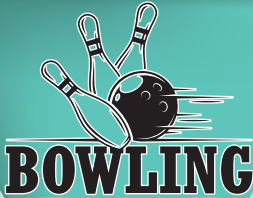
Project D.I.R.T.



Outdoor Recreation
Developing Interests in Risk Taking

This program provides people of all abilities the opportunity to explore new recreation and leisure time possibilities through alternative recreation and outdoor/adventure experiences.

Fishing Clinics: Fishing clinics are offered in conjunction with Nevada Department of Wildlife. Temporary fishing licenses, baits and poles are provided.



The goal is to provide opportunities for disabled veterans to participate in a monthly activity while interacting with peers. Length of program: 1 day per month at different locations across the city.



The Arthritis Foundation Exercise Program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level.

Length of program: 2 days per week M-W • 8:45 - 9:45 a.m. M-W



Learn the basics of how to play and develop strategies. It's for individuals with physical and/or neurological disabilities (e.g. stroke, spinal cord injury, multiple sclerosis, brain injury, CP.) The balls are leather, and can be thrown, rolled or put in play with a ramp. Bocce can be played by teams (3 against 3), Pairs (2 on 2) or 1 on 1.

Length of program: 2 times per month at East Las Vegas Community Center.



Forming Leisure Opportunities using Aquatic Techniques (F.L.O.A.T.) is an adaptive aquatics program for people with or without disabilities.

One-on-One Swim Lessons: Our private instruction is designed to meet the needs of people of all abilities. The lessons are based on the American Red Cross Learn-to-Swim Program. Each class consists of six 30-minute lessons.

Aquatic Therapy: Strengthen mobility, coordination, balance, endurance, flexibility and core stability using a variety of aquatic techniques. Therapy is offered in private or group settings. A private session is 30-45 minutes and group sessions are 45-minutes. (minimum of 2 participants)

The city of Las Vegas Office of Community Services and Department of Parks and Recreation, in partnership with Nevada Department of Veterans Services (NVDS), will provide Paralympic Sports and Recreational Opportunities for Injured Service Members.

Injured service members, whether active or inactive, are eligible to participate in various recreation and leisure time activities at no cost through a grant by the Nevada Department of Veterans Services (NVDS).*

Free 6 month Adaptive Membership Passes available (based on severity of impairment and/or disability)

Adaptive Recreation also offer many other programs, activities and special events for individuals of all ages and abilities.

** No-cost enrollment available while grant funds last.*

Contact Bernard Preston at (702) 229-4904 or bpreston@lasvegasnevada.gov for more information.

PR-0279-10-16 MC



cityoflasvegas
lasvegasnevada.gov
#DiscoverTheFun
lasvegasparksandrec.com

