

About Shepherd Center

Shepherd Center, located in Atlanta, Georgia, is a private, not-for-profit hospital specializing in medical treatment, research and rehabilitation for people with spinal cord injury and brain injury. Founded in 1975, Shepherd Center is ranked by *U.S. News & World Report* among the top 10 rehabilitation hospitals in the nation. At Shepherd Center, recreation therapy is integral to our mission of returning individuals to the highest possible level of independence and activities.

Recreation Therapy Mission Statement

The mission of Shepherd Center's Recreation Therapy Department is to help people with a temporary or permanent disability caused by injury or disease to lead healthy and active lifestyles as independently as possible through the use of recreation activities, providing education, skill development and community reintegration opportunities.

Sports Teams

Shepherd Center sponsors **11 sports teams:** basketball, bass fishing, fencing, handcycling, power soccer, quad rugby, shooting, softball, swimming, racing and waterskiing. These teams enable people with disabilities to participate in sports in a competitive and/or recreational environment.

For more information on becoming a team member, please call **404-367-1287**. For all sports teams updates, find us on Facebook by searching **Shepherd Center Sports Teams**.



If you would like to be removed
from Shepherd Center's Recreation Therapy
mailing list, please call **404-350-7375** or
email **Sabrina.Harrison@shepherd.org**.



Shepherd Center
RECREATION THERAPY
2020 Peachtree Road, NW
Atlanta, GA 30309-1465



Shepherd Center
RECREATION THERAPY

2018 Events



shepherd.org/recreation

2018 Calendar of Events

Health & Wellness Clinics

These clinics are for individuals with a spinal cord injury, C-6 or below, and other disabilities with similar physical function. The clinics provide the opportunity to become physically active and gain insight to achieve a well-balanced lifestyle. Sports and activities vary. For more information, call **404-350-7793**.

cost: \$25 Registration is required.

| DATE | ACTIVITY / PLACE |
|--------------|-------------------------------|
| March 10 | GA (Golf and Tennis) |
| Mid April | TN (Sports TBD) |
| July 28-29 | GA (Para-Triathlon Clinic) |
| September 18 | GA (Golf) |
| October | GA (Adaptive Golf Tournament) |

Overnight Bird Watching Retreat with Atlanta Audubon Society

April 20

cost: \$25

LOCATION: Unicoi State Park and Lodge, Helen, Georgia. Registration is required. For more information, call **404-350-7785**.

Adventure Skills Workshop (ASW)

May 18-20

This three-day, nationally recognized outdoor workshop includes adaptive waterskiing, scuba diving, fishing, canoeing, kayaking, jet skiing, swimming, target shooting, wall climbing and more. ASW is held at Camp ASCCA, a wheelchair-accessible facility in Jackson's Gap, Alabama.

cost: \$225, includes meals, lodging and instruction. Registration is required.

REGISTER ONLINE AT:
shepherd.org/asw



Peachtree Road Race Wheelchair Division

July 4

Whether you're a spectator or a racer, this annual event has become a favorite Fourth of July tradition for many Atlantans. Showcasing more than 75 elite wheelchair athletes from around the world, the Peachtree Road Race Wheelchair Division is one of the largest, most competitive 10K wheelchair races in the country. For more information, call **404-350-7375**.

Registration and qualifying time are required.



Waterski Workshop

TBD

Led by professionally trained ski instructors, you can learn the fundamentals of adaptive skiing. This workshop is designed for beginner and intermediate skiers. For more information, call the Aquatics staff at **404-350-7786**.

cost: \$50. Registration is required.

Discover Scuba

Apr 4 / Jun 6 / Jul 11 / Aug 1 / Oct 3 / Nov 7 / Dec 5 /
January, February and March 2019 TBD

This hands-on introductory class held in Shepherd Center's pool is open to anyone interested in exploring adaptive scuba diving. Class instructors are certified by the Professional Association of Diving Instructors (PADI) and the Handicapped Scuba Association (HSA). For more information, call the Aquatics staff at **404-350-7786**.

cost: \$50 **TIME:** 6 to 8 p.m.

Community Hunting Trips

Various hunting opportunities are offered throughout the year. For more information, call **404-350-7790**.

Scuba Trip

Aug 25 - Sept 1

Shepherd Center is teaming up with Divers@Sea for an adaptive diving trip to Bonaire. This all-inclusive trip includes round-trip airfare from Atlanta, hotel stay, boat dives and airport transfers. This trip is open to all skill levels and abilities, as well as family and friends. HSA certification is required. For more information, call **404-350-7786**.

cost: TBD Registration is required.



TOURNAMENTS:

Shepherd Shoot Out Wheelchair Basketball

Games, which are open to the public, are held in Shepherd Center's Livingston Gym.

November 2018

This annual tournament features the Shepherd Stealers competing against teams from all over the Southeast.

cost: Free

Shepherd Classic Quad Rugby

November 2018

The Shepherd Smash will host this three-day tournament for teams from throughout the United States.

cost: Free

Shepherd Showdown Power Soccer

January 2019

The Shepherd Strikers will be hosting teams from throughout the Southeast for this one-day tournament.

cost: Free

Snow Ski Trip

Winter 2019

This trip features private adaptive ski instruction, airfare, equipment, lift tickets, accommodations and airport transfers. This trip is open to all skill levels and abilities, as well as family and friends.

cost: TBD **LOCATION:** TBD Registration is required.