

Adaptive & Inclusive Recreation

The Adaptive & Inclusive Recreation (A.I.R.) Program includes activities with modifications to meet the needs of students with disabilities. For more detailed information on these activities, please call us at (618) 453-1266 or visit us on the website.

Orientation Meeting

Monday, January 23
7:00 p.m. - 8:00 p.m.
SRC Alumni Lounge



Individualized Fitness

January 23 - May 4
This partner-assistance program is FREE and will focus on cardiovascular improvement, strength and endurance.



Bowling and Billiards

Thursdays, January 26 - May 3
Exception date: March 15
6:00 p.m. - 7:30 p.m.
Student Center Bowling Alley

Whether you are a beginner or already familiar with the sport, you'll have a great time bowling with us or playing pool!

SIU
Southern
Illinois
University
CARBONDALE

A.I.R. Swim

Fridays, January 27 - May 4
3:00 p.m. - 5:00 p.m.
Pulliam Pool
(No classes on March 16)

Make a splash with the warm water! Specially designed exercises and equipment are provided to help individuals strengthen muscles and cardiovascular systems.



Wheelchair Basketball

Tuesdays, January 31 - February 28
5:00 p.m. - 6:00 p.m.
SRC Court 3
This spring we will be teaming up with Intramural Sports for a 5-on-5 wheelchair basketball season.

D.A.W.G. (Discover Adventure Wilderness Group)

DAWG is a group of adventuresome spirits who wish to enhance the quality of life for people with and without disabilities through implementation of

vocational opportunities, therapeutic recreation interventions and adventure-based programs.

Hidden Valley Adaptive Ski Program

Mondays, February 6 - March 5
Leave campus at 4:30 p.m.
This program offers athletes an opportunity to achieve through a variety of exciting winter snow sport adventures, including alpine skiing, snowboarding, ski biking, downhill, slalom, and giant slalom racing.

A.I.R. Softball Classic

Saturday, March 31
11 a.m.
Lot # 63, next to Lesar Law building
BATTER UP! Want to learn to play softball? Improve your softball skills? Learn more about softball? Have fun and meet new friends? This is the program for you!

A.I.R. Soccer

Wednesday, April 4
4:00 p.m. - 5:00 p.m.
SRC Court # 7
It's a gooooo! Come play Power Soccer with us on April 4th! We will use our manual wheelchairs to pass, kick and score!

Camping & Fishing at Ferne Clyffe

Saturday & Sunday, April 21 & 22
This weekend program will provide an opportunity for students to enjoy the breath-taking landscape of Ferne Clyffe while camping, fishing, and even hiking an accessible trail!

Garden Tidy up Days DIG IT!!

Wednesdays, 5:00 p.m. - 6:30 p.m.
March 21, April 4, April 18 & May 2
Join us in our gardening program! This program is designed for anyone with any level of ability, from the beginner to the experienced gardener.

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