

ADAPTIVE *Connect*

Summer 2026
June-August



**Adaptive Cycling Season
is in Full Swing!**

Adaptive Cycling Center,
Community Bike Days,
Adaptive Mountain Bike
Camps, and much more!

SEE PAGE 3 FOR MORE DETAILS





Reno Adaptive awarded 2026 Renown Better Together Community Grant

Reno Adaptive was one of 65 not-for-profit local organizations recognized recently to receive a Renown Health Better Together 2026 Community Grant for a project that addresses one or more of the three critical health care needs (Mental Health, Access to Healthcare and Community Services, Maternal and Child Health) of people living in the areas served by Renown.

Funds will be used to continue the Renown Alumni Recreation Therapy program.

See page 4 for more information.



Renown HEALTH



Adaptive Connect Newsletter is made possible by Renown Health

If you have an event or activity that you would like posted in the next publication of Adaptive Connect, Please Contact April Wolfe at:

Phone: 775-333-7765

WolfeA@Reno.Gov

Next Deadline is July 17, 2026

Volunteer Opportunities

Volunteers are a vital part of the City of Reno Inclusion/Adaptive Recreation program. Volunteers will gain rewarding experiences through assisting Parks and Recreation staff with a variety of programs or providing additional support for participants.

We are currently seeking volunteers for our upcoming programs!

Inclusion/Adaptive Recreation Staff

Therapeutic Recreation Specialist

April Wolfe
775-333-7765

Inclusion/Therapeutic Recreation Coordinator

Shaun Stewart
775-657-4659

Adaptive Recreation Assistant

Anthony Goulet
775-657-4661

Adaptive Recreation Tech.

Bill Meacham
Ralph Bell
775-657-4661



Reno Sled Hockey Program Earns Silver Medal at Nationals

The Reno Ice Sled Hockey Team traveled to Dallas, TX in late April to participate in the USA Hockey-Honda Sled National Championships. Competing in seven hard-fought games, the team showed determination and

skill, ultimately earning the Silver Medal. Their achievements are a testament to their hard work and dedication all season. Want to “Give Sled Hockey a Try” stay tuned for a summer clinic.

Adaptive Cycling Center Open for the Season

The center offers a membership-based program that allows persons with disabilities to access our many adaptive bikes and jump directly on the trail, no bike transport needed.

To sign up for a membership, scan the QR code or visit Reno.Gov/Adaptive/

Address:

6800 Pembroke Dr.
Reno NV 89502

Hours of Operation:

Tuesday 8am-12pm
Wednesday 8am-12pm
Thursday 8am-12pm
Saturday 8am-4pm

Passes and Fees:

Single Admission - \$30
Membership - \$100
(unlimited rides)



Adaptive Equipment Rental

Our adaptive recreation equipment is available to rent (sport wheelchairs, beach wheelchairs, hand cycles, etc.). Affordable prices for participants to try before they buy.

Access Mammoth Mountain Bikes Camps

Melted snow doesn't mean the good times on the hill come to an end. In fact, Access Mammoth shifts gears into summer mode. We're here to turn the Eastern Sierra into your warm-weather playground, offering adaptive summer programs for people of all abilities and experience levels.

Check out these upcoming camps or visit: <https://accessmammoth.org>

- June 27-28: Women's Weekend
- July 11-12: Adaptive Mountain Bike Camp #1
- July 25-26: Adaptive Mountain Bike Camp #2
- August 15-16: Family Weekend
- August 22-23: Women's Weekend
- September 5-6: Adaptive Mountain Bike Camp #3

Community Bike Days

High Fives Foundation alongside the City of Reno will host several community bike days this summer. These events aim to bring people of all abilities together, provide free adaptive mountain bike rentals, and showcase a range of adaptive bikes. Join us at one or all of the Community Bike Days!

- June 26 (Friday): 1-5pm at Sierra Vista
- July 17 (Friday): 1-5pm at Sky Tavern
- August 6 (Thursday): 1-5pm at Sky Tavern
- August 28 (Thursday): 1-5pm at Sierra Vista

iCan Swim Camp

June 22-26, 2026
Northwest Pool, 2925 Apollo Way
\$125 per swimmer

iCan Swim is a weeklong camp that teaches people with disabilities age 3 and up water safety and swimming skills. Each swimmer participating in iCan Swim will have their own unique aquatic goal.

Goals will range from an introduction to water exploration, learning water safety in an aquatic environment, learning to swim, or skill refinement in preparation to join a Special Olympics, Paralympic or other swim team.

Register to swim or volunteer at: <https://icanshine.org/ican-swim-reno-nv>



6th Annual

Renown Alumni Sports Extravaganza

This Extravaganza is a partnership with Renown Health and the City of Reno's Adaptive Program. Alumni attendees will have the opportunity to participate in several adaptive sports as well as overnight camping. Tents, trailers, and vans are welcome. We hope to see you and your family there to enjoy a weekend of sports.

- Lunch and dinner will be provided on Saturday and brunch will be provided on Sunday for overnight guests only.
- Adaptive sports and activities include: mountain biking, rock climbing, archery, lawn games, yoga, and overnight camping.
- Tent camping equipment will be available for use with advanced reservation for participants.
- This program is made possible for SCI and TBI alumni by a Renown Better Together Community Benefit Grant.

Please note that this event could be postponed, modified, or canceled due to weather or smoke.

When

Saturday, July 18 at 11:30am to
Sunday, July 19 at 11:30am

Where

Sky Tavern 21130 Mt Rose Hwy.,
Reno, NV 89511

Cost

FREE for overnight participants
and one guest
Non-overnight and/or additional
guests will be \$100 each.

RSVP

StewartS@Reno.Gov by July 1

Renown
HEALTH



SOCIAL PROGRAMS

Ranger Activities - Walk with Us

Join the park rangers in this free series of informational walks at Idlewild Park on Wednesdays from 11am-12pm! This series of walks is designed to be inclusive to individuals with limited mobility, and all members of the community. Summer Walk Dates:

- 6/3/26
- 6/17/26
- 7/8/26
- 7/22/26
- 8/5/26
- 8/19/26

Adaptive Anglers' Fishing Day with Rebecca

Thursday, June 11 10am-1pm
Sparks Marina - Howard Dr. Sparks, NV

The Sparks Area Rotary Clubs would like to invite all adaptive youth to join us at the Sparks Marina on Thursday, June 11 for a fun day of fishing with our friend Rebecca.

All necessary fishing gear will be provided free of charge for area youth! Kids must be accompanied by an adult. Registration at the door. Coaches will be available to help you catch a fish.

Questions? Visit [SparksRotary.org](https://www.sparksrotary.org)

Down Syndrome Network of Northern Nevada

<https://www.dsnnn.org>

The Down Syndrome Network of Northern Nevada is a network of family, friends and individuals dedicated to provide information, education, and support as we raise awareness of Down syndrome in Northern Nevada.

Adaptive Fitness at Upstate Nevada

Tuesdays, Wednesdays and Fridays at 11am

No cost, specialized coaching and classes for those with physical or intellectual disabilities. All fitness levels welcome!

- Email: adaptive@upstatenevada.com
- Website: [upstatenevada.com](https://www.upstatenevada.com)

City of Sparks Park and Recreation

Bowling

Wednesdays

2:45-4:30pm - FREE

Coconut Bowl - 1855 E Lincoln Way, Sparks

Bring your friends and come out to practice your game and have a great time too. We keep track of scores to average for the Special Olympics tournaments. No pre-registration necessary.

Arts and Crafts Class

Thursdays

3-4:30pm - Free

Larry Johnson Community Center -
1200 12th Street, Sparks

We've teamed up with Arts for all Nevada to provide Weekly Wonders. Participants (16 yrs. or older) will develop their artistic abilities through a variety of fun projects. Reservations required.

Note-able Music Therapy Services

[NMTSSreno.org/Services](https://www.nmtssreno.org/Services)

Note-Able Music Therapy Services (NMTS) is a nonprofit organization with a primary purpose of providing inclusive music programs and music therapy services for children and adults of all ages and disabilities. Our mission is to create lasting change in the lives of people of all abilities through music.

For more information contact 775-324-5521.

Summer Camps at NMTS - Register Now!

Kids Music Camp

July 13-17 from 9am-12pm

Open to children of all abilities ages 6-12, Kids Music Camp is a fun-filled week of singing, dancing, and making new friends. Cost is \$100, with a sliding scale available.

Teen & Adult Music Camp

July 6-10 from 10am-2pm

Open to teens and adults of all abilities ages 13 and up, this camp is a fantastic week of music making, movement, and community capped off by a Friday lunch and performance. Cost is \$200, with a sliding scale available.

SAVE

THE

DATE

BUDDY
WALK

SEPTEMBER 12
2026



SWIFT
SPORTS
DOME

1465 S Meadows Pkwy
Reno, NV

RESOURCES



Achieve Tahoe Summer Sign-ups are Open!

Join Achieve Tahoe this summer for Adaptive Horsemanship, Archery, Climbing, Hiking, Sailing, Water Skiing and much more!

Reservations for summer programs are now open. If you have questions or need assistance with making a reservation, please call 530-581-4161 x6 or email info@achievetahoe.org.

Renown Rehabilitation Hospital

Renown Rehabilitation Hospital provides a full range of rehabilitation services for these conditions: brain injury, stroke/neurological diagnoses, spinal cord injury, fractures, joint replacements, multiple trauma, cancer, Parkinson's and movement disorders, heart and lung disorders, amputation, and worker's compensation injuries.

At Renown, patient outcomes exceed national benchmarks, thanks to the team of rehab specialists.

Adaptive Swim Lessons

In these private swim lessons, persons with a large spectrum of disabilities can work 1:1 with a trained adaptive instructor to meet swimming goals and work towards independence. To participate in this course, guardians must first fill out an Assessment and Accommodation Request.

More information: SwimLessons@Reno.Gov

High Fives Hangouts

2nd Wednesday of the month 6:30pm
South 40 - 1445 S Meadows Parkway

The 2nd Wednesday of each month please join the spinal cord injury (SCI) community in a monthly meet, greet, eat, and enjoy each other's company! All are welcome!

Equisol Adaptive Horsemanship

Equisol Adaptive Horsemanship is a 501(c)3 non-profit, Professional Association of Therapeutic Horsemanship (PATH), International Member Center that specializes in teaching horsemanship skills to those with cognitive, physical and social/emotional special needs. Additionally, we offer yoga on horseback, classes for littles (ages 2-4 years), Ranch School, and health and wellness coaching that is offered by Equisol, LLC.

For more information contact: info@equisolhorsemanship.org

N.E.A.T. – Nevada Equine Assisted Therapy

Nevada Equine Assisted Therapy (NEAT) provides growth and learning through our client's work with horses, as well as psychosocial rehabilitation, a mental health intervention.

We serve children, teens, adults, foster youth, and others dealing trauma, anxiety, depression, and other emotional challenges. Our individual, family, and group sessions are led by Qualified Mental Health Associates with extensive Equine experience.

For further questions, please reach out to NEATinfor@yahoo.com

VETERAN PROGRAMS

Project Hero City of Reno

ProjectHero.Org

Founded in 2008, Project Hero is a groundbreaking national non-profit organization dedicated to helping Veterans and First Responders affected by PTSD, TBI and injury achieve rehabilitation, recovery and resilience in their daily lives and increasing awareness to combat the national mental health emergency posed by PTSD and TBI.

For our weekly ride/event schedule follow us on Facebook at Project HERO Hub City of Reno.

Fit But Not Forgotten

Wednesdays 5:30-6:30pm at Moana Springs Community Aquatics and Fitness Center - 240 W. Moana Lane

Wednesdays 5:30-6:30pm, Thursday 12-1pm, and Fridays 10-11am at EMNECC - 1301 Valley Road

Free for Veterans

The City of Reno is offering our disabled veterans weekly fitness classes in our facility weight room. Classes will cover orientation to equipment, assessment of fitness level, proper technique to develop strength, endurance and flexibility, and discuss fitness goals. Upon completion of our four classes participants will be eligible for a FREE all inclusive facility membership good for one year.

Nevada Paralyzed Veterans of America

NevadaPVA.org

This program is dedicated to improving the quality of life for veterans and our disabled community with spinal cord injury or dysfunction. Nevada PVA offers an active sports and recreation program for our members, and the disabled in our community.

This organization sponsors programs in Northern Nevada that provides health benefits, support, opportunity and camaraderie for all involved.

Local Representative:
Kurt Redinbaugh
775-527-8761
redinbaughk@gmail.com

Trauma Sensitive Yoga

Tuesdays 11-12pm

Free for Veterans

EMNECC - 1301 Valley Road

Trauma Center Trauma Sensitive Yoga (TCTSY), is a type of yoga practice that is also a clinical intervention for complex trauma or chronic, treatment-resistant PTSD, and has been proven to successfully reduce PTSD symptoms. TCTSY provides opportunities for choice making and interception (recognizing sensations that occur within your body). Veterans may learn to listen to their bodies, allowing their sensations to guide their choices.

During a TCTSY practice, Veterans are offered the options to follow along with the instructor, choose a different form of movement than the instructor, or rest at any time. Practices will include an offering of stretching movements, balancing and strengthening shapes, opportunities to notice breath sensations, and an option for a rest at the end. They are appropriate for practitioners at all levels and are accessible to those who have never done yoga before.

To register local Veterans can enroll at any City of Reno Parks and Recreation facility.

Operation High Altitude

August 2-7
Mammoth Lakes, CA

A six-day immersive summer camp blending outdoor sports with wellness in the woods of Mammoth Lakes. Designed to promote physical health, mental wellness, and community bonding.

Access Mammoth is proud to support our nation's injured, ill, and wounded service members and veterans. Through our Department of Veterans Affairs Adaptive Sports Grant, we provide all lessons and camps at no cost to military members.

To register email:
camps@accessmammoth.org



MOVE UNITED

USA WHEELCHAIR FOOTBALL LEAGUE

Learn to Play Wheelchair Football

Ready to get in the game? Move United is coming to the Palo Alto VA to help Veterans learn to play wheelchair football. From passing and receiving to route running and blocking, you'll be ready to get on the field in the fall. All sports supplies, including sports chairs, provided.

Tuesday, August 18 | 10:30 AM - 1:30 PM (lunch to follow)
VA Palo Alto Wellness Center - Building 530



Get in the Game!
Scan QR Code to Register



U.S. Department of Veterans Affairs
Veterans Health Administration
VA Palo Alto Health Care System

Questions? Email
football@moveunitedsport.org