

STAR CENTER

MOVING TOGETHER



PURPOSE

Adaptive and Para Recreation Programs are designed for individuals with physical, developmental, or intellectual disabilities.

These programs focus on providing inclusive recreation and improving overall skills within each sport. Adaptations can be utilized when needed. Special consideration provided based on circumstances.

Call STAR Center Today

608-797-6295

ADAPTIVE AND PARA PROGRAMS

For More Information

info@starcenterlacrosse.org

Visit Us

starcenterlacrosse.org

What Adaptive and Para Recreation Programs are offered at STAR Center?



PARA/ WHEELCHAIR SPORTS

Programs designed for individuals with physical disabilities. You do not need to be an everyday wheelchair user. Program opportunities for youth and adults. All programs are co-ed.

PARA SPORTS:

Sled Hockey
Team Handball
Lacrosse
Basketball
Football

INCLUSIVE RECREATION

Programs provided for individuals of all abilities. Program opportunities for youth and adults. All programs are co-ed.

INCLUSIVE REC:

Fit Kids (ages 6-14)
Pickleball
Tennis
Kayaking
Boccia
Badminton
Track and Field
Strength and Conditioning

ADAPTIVE RECREATION

Programs designed for individuals with intellectual and developmental disabilities. Program opportunities for a recommended age of 12+. All programs are co-ed.

ADAPTIVE REC:

Soccer
Flag Football
Kickball
Wiffle Ball
Basketball
Floor Hockey

This event, class, activity or matter is not sponsored or endorsed by the School District of La Crosse and is not printed at District expense