



## FENCING, BOWLING & MORE!

**WHEELCHAIR FENCING:** Fencing is a Paralympics sport for all ages. This program is offered in cooperation with Summit City Fencing. You will learn the basics of fencing from trained staff. This program will build coordination, strength, speed and endurance.

**ADAPTIVE BOWLING:** Bowling leagues are open to persons age 15 and younger or 16 and older during the summer months. Bowling leagues play at Crazy Pinz. Bowling ramps are provided as needed.

**CHEERLEADING:** The group practices on Saturday's once a month and cheer athletes at home tournaments.

**ADAPTIVE SNOW SKIING:** Turnstone partners with The Adaptive Adventure Sports Coalition (TAASC) in Ohio for a discounted rate for members of Turnstone's Adaptive Sports and Recreation program. For \$15, an athlete can enjoy 3-hours of downhill skiing. TAASC has onsite instructors available to assist guests. For more information visit: [www.taasc.org](http://www.taasc.org)

**QUAD RUGBY:** This sport is designed for athletes with both upper and lower body injuries. It is recommended that participants be 12 or older due to the physical contact. Indiana's quad rugby team, The RHI Quad Squad, is sponsored by RHI in Indianapolis. Several local athletes play with the Squad and utilize Turnstone's gymnasium to practice. For more information on when these players practice in Fort Wayne, please contact Turnstone. For more information on the team, please contact RHI or visit them online at [www.rhin.com](http://www.rhin.com)

**SUMMER CAMP:** Turnstone's offer two weeks of adaptive sports summer camp for youth ages 8 to 15 years of age. Camps hours run from 9 am to 3 pm. Dates for 2012 camps have not yet been set.

**TEEN SOCIAL NIGHT/"Turnstone Throwdown":** Held once a month on Friday nights, this program is for youth age 13 to 20. Program activities include game, music, wii, food and other fun activities.

**ADULT'S SOCIAL NIGHT/"TAP":** Also held once a month on Friday nights, this program is like the Throwdown, only for persons age 20 and older.

**AFTER SCHOOL RECREATION:** This program is for children ages 5 to 8. Program activities are diverse and introduce children to new sports and leisure activities.

**For more information on Turnstone's sports and recreation program, please contact Andrew Achenbach or Kevin Hughes at 260-483-2100.**

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