

# Recreation Therapy



**ABILITY360**  
SPORTS & FITNESS CENTER

## WHAT IS RECREATION THERAPY?

Recreation Therapy is a treatment service that assists individuals in improvement of the emotional, cognitive, physical and social aspects of their lives. At Ability360 Sports & Fitness Center we provide an opportunity to enhance the quality of life of individuals with disabilities through participation in creative arts, sensory play, adaptive sports, social recreation, fitness, rock climbing, and aquatic programs. We aim to increase recreation participation, self-confidence, coping skills, leisure awareness, and health and wellness. A Certified Therapeutic Recreation Specialist (CTRS) will facilitate the session. Recreation Therapy services are for participants of all ages and abilities.

## WHAT DOES IT LOOK LIKE?

All Recreation Therapy sessions will look different according to the individual. A plan will be created with a variety of activities according to the individual's interest, ability, and current leisure and fitness awareness. The activities may change each session, or remain the same for continued progress.

## LEISURE-RECREATION ASSESSMENT AND INDIVIDUAL SESSIONS.

Free assessment and plan!

### Member Pricing

- \$80 for 5 sessions of 30 minutes each
- \$20 per 30-minute session

### Non-member Pricing

- \$100 for 5 sessions of 30 minutes each
- \$25 per 30-minute session

A Leisure-Recreation Assessment will be completed by a Certified Therapeutic Recreation Specialist. The CTRS will create an individualized plan for each Recreation Therapy Session to reach goals based on the individual's interest and abilities.



## OUR RECREATION THERAPISTS

**KELSEY BOCKEN, CTRS**  
Recreation Therapy Coordinator



B.S. degree in Leisure Studies with a Therapeutic Recreation (TR) emphasis, University of Iowa. Kelsey uses her involvement in recreation with adaptive youth, senior and aquatic programs to enhance quality of life.

**SARA CALLAGY, CTRS**  
Therapeutic Recreation Specialist



B.A. degree in TR, Eastern Washington University. Sara utilizes her knowledge and experience in coaching many sports while implementing Recreation Therapy.

**SARA HOWSER, CTRS**  
Therapeutic Recreation Specialist



B.S. in Parks and Recreation Management, and a minor in Youth Services Leadership. Sara has a passion for adaptive sports, youth connection, and program development.

**KATIE RITTER, CTRS**  
Therapeutic Recreation Specialist



B.S. degree in TR and a minor in Adapted Physical Activity, Slippery Rock University of Pennsylvania. Katie enjoys being the Team Assistant for the Ability360 Heat Wheelchair Rugby Team and thrives in all sport settings.



## OUR MISSION

To provide exceptional adaptive sports, recreation, aquatic and fitness programs that promote the independence, health, and overall well being of people with disabilities and their family members.

## ABILITY360

Is co-located with 11 other disability services organizations on the Ability360 Center campus at 50th St. and Washington St. in Phoenix. Please contact us if you would like a tour of the Sports & Fitness Center.

5031 E. Washington St.  
Phoenix, AZ 85034

(602) 386.4566 (v)  
AZ Relay Service 7-1-1

[info@ability360.org](mailto:info@ability360.org)

**ABILITY360.ORG**



All Ability360 locations are fragrance-free, tobacco-free environments. Please do not wear scented products or smoke when visiting any of our offices, programs or events.

Alternate format materials available upon request.