

Billiards/Ping Pong/Bowling

Description:

Billiards, Ping Pong and Bowling are exciting sports that can be played by almost anyone regardless of physical limitations, while increasing your hand-eye coordination and motor skills. Enjoy a healthy competition with your peers, either 1:1 or tournament style!

Expected Group Outcomes:

- Increase activity tolerance
- Increase participation in community involvement
- Increase balance
- Increase strength and endurance
- Increase social involvement

Participant Criteria:

- Must be a Rancho Wellness Center members or currently Peer Mentors or Life Coaches with the Know Barriers program
- Must be able to provide own transportation to the location
- Participants must be independent in wheelchair mobility around uneven surfaces at a level of supervision to independent functioning with the assistance of a care provider if needed
- Participants must be able to utilize any adaptive bowling/Ping Pong/Billiards equipment independently or with the assistance of a care provider if needed

Group Size:

Maximum of 10 participants

Cost per Participant:

Ping Pong and Billiards: \$8/hour per table

Bowling: \$5.50/game or \$9.99 for unlimited games; plus \$3.50 for shoe rental

Activity Waiver/Paperwork required (if applicable):

- Wellness Waiver
- Rancho Waiver of Liability

Frequency per Month:

Occurring once per month

Contact Info:

Round 1

401 Lakewood Center Mall

Lakewood, CA 90712

562-408-2937

www.round1usa.com

Billiards/Ping Pong/Bowling Pictures

