

THERAPEUTIC RECREATION PROGRAM

Weekly Activities

Adaptive Sports:	Harvey Naranjo, COTA/L	American Building 19—Room B313 (lower level) (301) 295-8524 Harvey.Naranjo@med.navy.mil
Recreation Therapy:	Cara Navarro, CTRS	OT Clinic/American Building 19—Room 1432 (301) 400-2762 Cara.Navarro@med.navy.mil
	Tiffany Smith, CTRS	American Building 19—Room B313 (lower level) (301) 295-8525 Tiffany.Smith3@med.navy.mil
F.A.T.S. / Outdoor Field & Stream	Ross Colquhoun	American Building 19—Room B332 (lower level) (301) 295-8532

Mon	Tue	Wed	Thu	Fri	Sat	
Bowling Class Bowling Center Building 56 1300-1430 (Cara/Tiffany)	Adaptive Yoga PT Clinic 1200-1300 (Harvey/Tiffany)	Fly Fishing Clinic OT Clinic 1200-1300 (Harvey/Tiffany)	Adaptive Yoga PT Clinic 1200-1300 (Harvey)	Community Reintegration Program DC, MD, & VA 1030-1600 (Tiffany)	Two Top Mountain Adaptive Skiing Program Whitetail Ski Mountain Reservation Required (Harvey/Tiffany)	
Adaptive Outdoor Cycling 1300-1500 (Harvey/Tiffany)	Swimming MWR Pool Building 17 1300-1500 (Harvey/Adele/	Sit-down Volleyball MWR Gym Building 17 1300-1430 (Cara/Tiffany)	Wheelchair Basketball MWR Gym 1300-1500 (Tiffany)	Shooting/Archery F.A.T.S. Rm B332 Call for schedule (Ross)		
	Wheelchair Basketball MWR Gym 1300-1500 (Tiffany)	Brazilian Jiu-Jitsu 1300-1500 F.A.T.S. Rm B332 (Harvey/Tiffany)	Adaptive Scuba American Building 1330-1700 (Harvey/Tiffany)	MONTHLY Sled Hockey Rockville, MD (Tiffany)		
	Adaptive Kayaking MWR Pool 1600-1800 (Tiffany)	<p style="text-align: center;"><i>Interested ?????</i></p> <p style="text-align: center;">You <u>must</u> see one of the listed staff members PRIOR to participating!!</p>				