

Therapeutic Recreation Center

We can accommodate riders with:

Manual wheelchairs

,

Powered wheelchairs

,

Scooters

To accommodate riders, we offer:

Flip-up seats to accommodate wheelchairs

,

Lift equipped vehicle(s)

,

Repeat announcements of changes in service

,

Staff training on assisting people with mobility problems

,

Visual announcements

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Must have a disability or health condition; registration form; and medical history.

Family

No

Intake Contact Email

rpos@norfolk.gov

Intake Process

Intake assessment, participant registration form, physical form.

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Norfolk Department of Recreation, Parks and Open Spaces

<http://www.norfolk.gov/rpos/>

<https://www.norfolk.gov/Facilities/Facility/Details/Therapeutic-Recreation-Cent...>

<https://www.facebook.com/NorfolkRPOS>

Main

(757) 441-1764

401 Monticello Ave. Suite 420

23510 VA

United States

Monday: 8:30 am-5:00 pm

Tuesday: 8:30 am-5:00 pm

Wednesday: 8:30 am-5:00 pm

Thursday: 8:30 am-5:00 pm

Friday: 8:30 am-5:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Time varies

Languages Spoken

English

The Therapeutic Recreation Center is a full service provider of therapy, leisure education and recreation participation opportunities for persons with disabilities in the Hampton Roads area. Offers goal based Therapeutic programs to develop, improve, and /or maintain physical, cognitive, social & emotional functioning through leisure activities for persons with disabilities.

Certified Therapeutic Recreation Specialists work with the patrons to assess needs and develop treatment plans for effective interventions. Progress is evaluated throughout a variety of ten-week classes, outings, workshops, and monthly special events for individuals with disabilities age 14 and older.

Therapy services include, but are not limited to: aquatic therapy and swimming lessons, low impact exercise, ceramics, social outing clubs, life skills workshops, dance classes and more.

For the current listing of courses, view the [Good Times magazine](#).

Bus: Granby & Bayview

Service Area(s)

Chesapeake City

,

Franklin City

,

Gloucester County

,

Hampton City

,

Isle of Wight County

,

James City County

,

Newport News City

,

Norfolk City

,

Poquoson City

,

Portsmouth City

,

Southampton County

,

Suffolk City

,

Virginia Beach City

,

Williamsburg City

,

York County

Email

rpos@norfolk.gov