

Inclusive Recreational Services Guide



6th Force Support Squadron
MacDill AFB, FL

Table of Contents

SHORT FITNESS CENTER **3**

- Automatic Entry Doors & Emergency Exits
- Handicap drop-off area, north parking lot
- Arm Ergometers & walk-thru recumbent cycles
- Wheelchair-Accessible Showers

MACDILL LANES BOWLING CENTER **4**

- Specially-Adapted Bowling Balls
- Access Ramp to Bowling Lanes

BAY PALMS GOLF COMPLEX **5**

- Solo Rider Golf Carts

OUTDOOR RECREATION **6-7**

- Therapeutic & Recreational Horseback Riding
- Wheelchair-Accessible Pontoon Boats
- Equipment Usage to VA Hospital
- Wheelchair-Accessible RV Sites
- Skeet Range Wheelchair-Accessible Ramp
- Special Needs Beach Equipment
- New pool lift with motored swing
- Kayaks and canoes with peddles/hand paddles



Short Fitness Center

8115 Cypress Stand St • (813) 828-4496

Automatic Entry Doors

ADA compliant doors at entries and emergency exits.



Wide Internal Entry Doors

The fitness center recently removed several internal doors, for easier access to the two cardio rooms and both weight rooms.



Arm Ergometers

Arm Ergometers are now available in the Cardio Room and in the Weight Room. This stationary bike provides an excellent upper body workout.



Wheelchair-Accessible Showers

Both the ladies' and men's locker rooms provide one wheelchair-accessible shower stall, which include room for a wheelchair, shower sprayer and bench.



Recent Additions!

- New handicap drop-off area in north parking lot
- Covered sidewalk
- Automatic entry doors at Locker rooms
- ADA compliant lockers in both men's and women's Locker rooms
- Walk-thru Recumbent Cycles
- Elevator for 100% Accessibility to the Fitness Center



MacDill Lanes

8216 Hangar Loop Dr • (813) 828-4005

Specialty-Adapted Bowling Balls

MacDill Lanes Bowling Center has two specially-adapted bowling balls, with handles that retract back into the ball when released (one for children and one for adults).

Access Ramp to Bowling Lanes

Additionally, there is a special ramp, making access to the lanes possible for our wheelchair-bound patrons.

The balls are available upon request when visiting the bowling center. If the handicapped ramp is needed, please call ahead to reserve the lanes nearest the ramp.



Bowling Ball with retractable handle



Wheelchair-accessible ramp, leading down to last lane of bowling center

Bay Palms Golf Complex

1803 Golf Course Ave • (813) 840-6904

Solo Rider Golf Carts

Bay Palms Golf Complex has two Adaptive Golf Carts (Solo Rider) available for golfers requiring special needs accessibility. These carts are available for rental for the same price as our regular golf carts: \$14 for 18 holes or \$7 for 9 holes. Carts can be driven onto greens, fairways and tees. One cart has a roof and the other does not.

If the individual has never driven a cart of this type, the golf course staff will provide training and test drives to the customer, so they feel comfortable and safe while operating the cart.

Reserve carts by calling
(813) 840-6904.

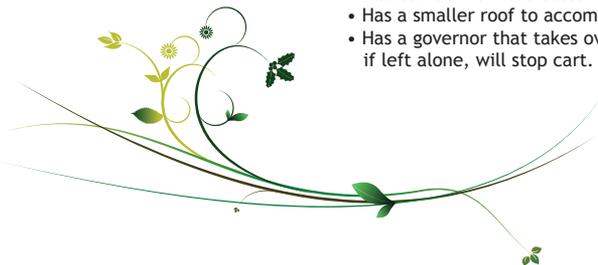


Harold "Tank" De Arment, Col, US Army Retired, demonstrates the solo cart's hydraulic swivel seat



FEATURES:

- Soft balloon tires allow the cart to be driven on green and tees
- Swivel seat allows dismount on either side
- Golf bag is conveniently located directly in front of driver
- Ball can be hit while customer remains seated (as shown in picture)
- Has a smaller roof to accommodate swinging while "seated"
- Has a governor that takes over, slowing steep downhill driving and, if left alone, will stop cart.



Outdoor Recreation

9909 Marina Bay Dr • (813) 840-6919

Therapeutic & Recreational Horseback Riding

Outdoor Recreation, in cooperation with Quantum Leap Farm, in Odessa, FL, offers a therapeutic and recreational horseback riding program. Horse and rider become part of a therapeutic relationship, offering the rider with disabilities a unique opportunity and experience.



Wheelchair-Accessible Pontoon Boat

The Marina offers two 24-foot wheelchair-accessible pontoon boats. Boats are available for all patrons with disabilities. These boats are very “wheelchair-friendly” and have been modified to be driven by anyone in a wheelchair (removable pilot’s seat). The boats include a fish finder and lock-in-place seating for wheelchairs.

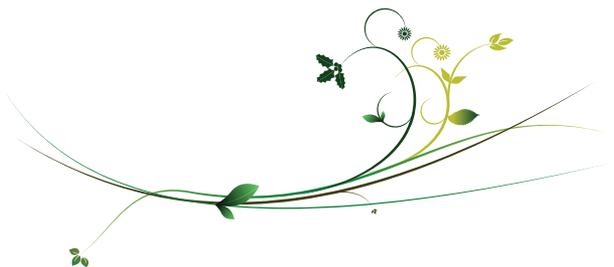


Equipment Usage to VA Hospital

Outdoor Rec provides equipment usage to James Haley VA Hospital; assisting in Wounded Warriors Canoe and Kayak inclusive programs.

Wheelchair-Accessible RV Sites

Our FamCamp has two RV sites for patrons confined to wheelchairs. These sites are set up with large concrete pads that allow access all the way around their rig.



Outdoor Recreation, cont.

9909 Marina Bay Dr • (813) 840-6919

Skeet Range Wheelchair-Accessible Ramp

We now offer a Handicapped/Wheelchair-accessible ramp within our Skeet range area for use by service members with disabilities.



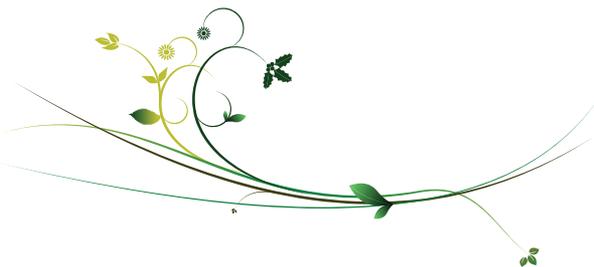
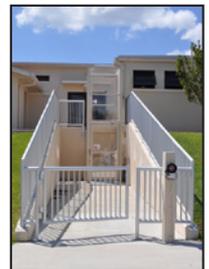
Accessibility at the Beach & Marina

- Enjoy kayaks and canoes with peddles and/or hand paddle attachments. We also offer wheelchairs, especially designed for beach use.
- New floating concrete dock with manual swing for full ADA access and exit to boats. Dock has ADA embark site for ADA board.
- Upgrades include Ramp access and lookout points on the beach boardwalk with full access to center pavilion via a concrete walkway built to accommodate wheelchairs.
- Recently upgraded ADA full accessibility restroom in marina activity room.
- New parking lot with ADA parking and turnaround capability.



Base Pool Lift

Recently added a lift to access base pool along with motored swing to access pool water.





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