

**Barnstable Recreation presents: R.E.C. (Reaching Everyone through Community)  
Adaptive Sport Program**

Open to members of all abilities w/ memberships  
(however, geared towards members with Diverse Abilities)

**November 2023**

**Call 508-790-6345 X107 to let us know how many would like to join in on the fun**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>7 <i>Capture the Flag</i> <i>HYCC Gym</i> <i>1-1:45</i></p>	<p><b>FREE</b></p>	
<p>Please remember to wear appropriate footwear</p>				<p>14 <i>No Program</i></p>		
				<p>21 <i>Broomball</i> <i>HYCC Gym</i> <i>1-1:45</i></p>		
				<p>28 <i>Happy Thanksgiving</i></p>		