



INDEPENDENCE FOR ADULTS WITH DISABILITIES

ATHLETICS & FITNESS



Training Sessions

Team Sports

Stamina & Strength Building

Tico's Gym at The JESPY Clubhouse

JESPY's program space in South Orange is named in memory of Albert "Tico" Shikiar. The late husband of JESPY board member Suki Marsh Shikiar, "Tico" had a passion for JESPY House and an interest in healthy living. Donations made in his memory supported the creation of Tico's Gym.

Tico's offers clients education about fitness, wellness, and nutrition counseling by using programs such as fitness training and the use of gym equipment.

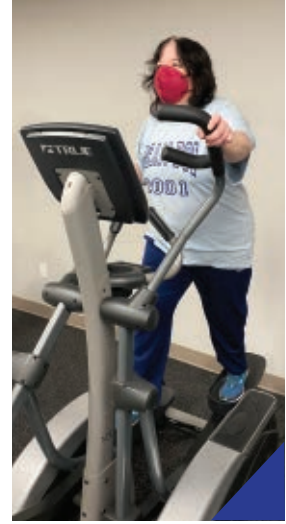


Tico's Gym also has designated program space for **educational classes and activities**. The interactive sessions, which include Film Appreciation, Monthly Budgeting, Self-Reliance, and Meditation, are offered daily.

**'I feel good when I exercise.
It helps with anxiety and stress.
Tico's is just a great place to
come and work out.'**

— JESPY Client Debra D.

Tico's Gym is open to the public. For additional information about Tico's or volunteer athletics coaching opportunities, email Kevin Barton at kbarton@jespy.org.



Why JESPY House Fitness?

While taking part in JESPY's Athletics & Fitness Program, clients establish and maintain appropriate fitness routines and participate in athletic games. The program emphasizes health & wellness, the development of social skills, and overall physical fitness. Our personal trainers and coaches specialize in working with adults with Intellectual & Developmental Disabilities.

Individual Training Sessions

Our Fitness Team instructs clients on the use of gym equipment as well as exercise routines that are optimal for their health and wellness. Clients also learn about various parts of the body, muscle groups, and the benefits of a healthier lifestyle.

Group Training Sessions

JESPY trainers use a variety of fitness routines to engage and motivate participants during small group sessions. Group training is a great way for clients to become fit and to socialize while meeting like-minded people who share their goals.



JESPY Athletics

JESPY clients of all levels of abilities enjoy the team spirit, sportsmanship, and opportunity to engage with other athletes across New Jersey and beyond. JESPY men and women have the opportunity to participate in Basketball, Bocce, Bowling, Golf, Soccer, Softball, Tennis, Track & Field, Flag Football, Powerlifting, and Volleyball.



BOWLING



BASKETBALL



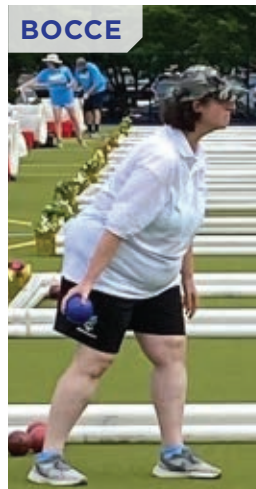
FLAG FOOTBALL



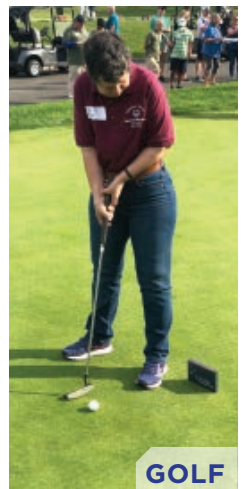
TENNIS



VOLLEYBALL



BOCCE



GOLF



SOCCER

Special Olympics

JESPY House has been a proud participant in the Special Olympics New Jersey Games for several decades. JESPY teams have been successful in many events, represent the largest group of athletes in Essex County, and have maintained a long history of excellence in athletics.



Since participating in Special Olympics, JESPY clients were chosen to carry the torch and lead the athletes in reciting the Special Olympics Oath at an Essex County Opening Ceremony. Five JESPY athletes also participated in a National Special Olympics Games in Seattle, Washington.

Client Jane C. won bronze and silver medals and 4th place in singles at the 2019 Special Olympics World Games in Abu Dhabi, competing in the sport of bowling.

JESPY clients competed in the 2022 Regional Summer Olympics games in NJ, winning 36 medals. Several clients also participated on Team New Jersey in the 2022 National Special Olympics USA Games in Orlando, Florida in June and took home gold medals in track, bocce, and tennis.



The JESPY House Athletics & Fitness Program ensures that clients remain physically active, which strengthens bones and muscles, assists with weight management, and enhances their ability to readily perform everyday activities.



“I want to thank my coach for the workouts and the team practices. It’s fun and competitive when I play basketball and volleyball.”

— Kayla J.

“I love working hard and I love winning during our games. I love that we have a great bond.”

— Sam M.

JESPY House is a nonprofit 501 (c) (3) organization, founded in South Orange in 1978 to serve the needs of adults with Intellectual and Developmental Disabilities.

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