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Children's

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Adaptive Sports and Active Recreation Resource Guide: Massachusetts

Organizations and programs providing sports and
active recreation opportunities for children and youth
with special needs

Updated January 2018

Community-based sports and active recreation activities are beneficial to children on many levels. They provide children with an opportunity to exercise, improve fitness, increase self-esteem, and to make friends. This Guide provides a sample of programs and opportunities primarily in Massachusetts (some New England area). If you know of other recreation programs that should be included in this Guide please contact Maria Fragala-Pinkham, PT, DPT, MS at mfragala@fhfc.org or (617) 254-3800 dial 1 at prompt then x2280. This Guide was originally developed in 2005 and is updated periodically. For the most up to date version of this Guide, please check our website <http://franciscanhospital.org/resources/support-services/adaptive-sports-program/>

Thanks to the following individuals who contributed to the initial development of this Guide: Rachel Buonopane, PT; Shelley Goodgold, PT; Jennifer Cardella, OT; Megan Boyce, OT; Christine Peters, OT. The development of this resource was originally funded as part of fitness project grants from the Deborah Monroe Noonan Foundation and the John W. Alden Trust. Thanks to Kelvin Nunez for helping with the 2017 revisions.

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ACTIVE RECREATION AND SPORTS PROGRAMS

AccesSport America: www.accessportamerica.org

Contact Info: (978) 264-0985; betty@AccessSportAmerica.org 119 High Street, Acton, MA 01720. Offers windsurfing, canoeing, kayaking, rowing, waterskiing, kite sailing, tennis, wall climbing, cycling, and soccer. AccesSport America adapts and creates its own equipment including windsurfing catamarans, seats, harnesses, rowers, and kayaks. Summer programs are offered at Spaulding Rehabilitation Hospital, Charlestown and Reservoir Pond, Canton. Programs are held at Oak Square YMCA in Brighton throughout the year.

Adaptive Sports New England: www.adaptivesportsne.org

Contact Info: Phone: 617-982-2763; 89 South St Suite 603, Boston, MA 02111

Dedicated to increasing participation in sports among youth and young adults who have visual or mobility impairments; increasing participation to many adaptive-specific and mainstream sports programs, raising awareness, and building capacity to bring more opportunities closer to home.

All Out Adventures: <http://www.alloutadventures.org/> Contact: 413-584-2052;

info@alloutadventures.org; 214 State Street Northampton, MA 01060. Provides outdoor accessible recreational opportunities throughout Massachusetts for people of all abilities, their families and friends. Summer programs include accessible kayaking, canoeing, hiking and cycling. Winter programs: snowshoeing, x-country skiing/sit-skiing, ice skating/sled skating and snowmobile rides.

Belmont S.P.O.R.T. (Special Programs Organized for Recreation Time):

<http://www.belmont-ma.gov/recreation-division/pages/belmont-sport>. Contact: Belmont Recreation Department PO Box 56 Belmont, MA 02478; 617-993-2760. A year round program which provides sports activities including basketball, soccer, football, dance, ice skating, and skiing for individuals with special needs. Participants of all ages and levels are welcome to enroll. Funding for this program is provided by the Towns of Belmont and Watertown, as well as user fees and private donations.

Eastern Adaptive Sports: <http://www.easternadaptivesports.org/>

Contact: (603) 968-7711; info@easternadaptivesports.org; River Edge Marina; 283 River Street, Ashland, NH 03217. Provides outdoor recreation for people of all abilities. Programs include adaptive water skiing, cycling and skiing in the Lakes Region of New Hampshire.

The Bridge Center: www.thebridgectr.org Contact: 508-697-7557 info@TheBridgeCtr.org

470 Pine Street, Bridgewater MA 02324. Fully-accessible 20+ acre campus that offers active recreation and equine programs after school and weekends year-round, summer camps, and Equine Assisted Programs for children, teens and adults with special needs.

CapeABLE Adventures: <http://www.capeableadventures.org/> Contact: 508-566-3298 or

email info@capeableadventures.org. 36 Atkins Road, #C1, East Sandwich, MA 02537. Offers sports rehabilitation programs to anyone with a permanent disability. Activities include water sports, cycling, skiing, curling, fitness and special sports events.

Cape Cod Challenger Club: <http://www.capecodchallenger.org>

Contact: 508-420-6950 ext. 1136 or email info@capecodchallenger.org. 418 Bumps River Road Osterville, MA 02655. Emphasis of the organization's programs is placed on active participation in a supportive, fun, safe and non-competitive environment. Programs are offered during typical school vacations as well as during the summer and include basketball, martial arts, bowling in the winter, baseball, soccer, as well as art, music, and fun fitness activities.

Children's Physical Developmental Clinic (Bridgewater State College):

www.bridgew.edu/cpdc/ Please contact Sheila Campbell for program applications: 508-531-1776 Mon-Fri 8:30- 5:00pm or email cpdc@bridgew.edu. Located at Bridgewater State University Kelly Gymnasium Rm. 107 Bridgewater, MA 02325. A sports and physical activity program specifically for children and youth with disabilities ages 18 months to 18 years. Children work one on one with a college student. Programs held on Saturday mornings and run on 8-week sessions.

Child and Family's Disability Resource Program: <http://chd.org/adult-services/community-based-programs/disability-resources/adaptive-sports-activities/>

Contact Info: chdinfo@chd.org (413) 733-6624 Address: 332 Birnie Ave., Springfield, MA 01107 Adaptive sports, recreation and competition for individuals with physical disabilities. All seasonal adaptive sports equipment is available for loan. Information and referral service is available for children with special needs and their families.

Compelling Fitness: www.compellingfitness.com Contact: (339) 206-1109 or email

bret@compellingfitness.com; MA South Shore. Offers programs for the youth with special needs that incorporate movement-based exercises to reduce behavioral issues, improve and increase daily focus and productivity, strengthen functional movement patterns, and improve overall health, while increasing social interaction and meeting the youth's sensory needs.

Crotched Mountain Accessible Recreation and Sports <https://crotchedmountain.org/>

Contact: (603) 547-3311 ext. 1664 or email CMARS@crotchedmountain.org; Crotched Mountain, One Verney Drive Greenfield, NH 03047. Offers a variety of adaptive sports programs for children and adults with disabilities including: alpine skiing and boarding, cycling, kayaking, canoeing, hiking and outdoor education, and road races.

Journey Forward www.journey-forward.org Contact Info: info@Journey-Forward.org (781)

828-3233 5 Shawmut Road Canton, MA 02021. An exercise based program staffed to assist those with Spinal Cord Injuries. Provides functional electrical stimulation, vibration training, gait training as well as other programs.

Jewish Community Centers of Greater Boston: <https://www.bostonjcc.org/explore-our-programs/special-needs> Contact: Special Needs Services at 617 558-6522 or Info@Jccqb.org 333

Nahanton Street, Newton, MA 02459 Inclusive programming for children and youth of all abilities for exercise and fitness programs throughout the year as well as inclusive or specialty summer camp programs.

Jewish Family & Children's Service Sunday Respite Program:

<http://www.jfcsboston.org/Our-Services/People-with-Disabilities/Children-with-Special-Needs>

Contact: 781-647-JFCS (5327) The swim and sings program is for children with developmental disabilities.

Kids in Disability Sports (K.I.D.S.): <https://www.kidsinc.us/> Contact Info: (866) 712-7799; info@kidsinc.us ; Kids In Disability Sports ,Inc. P.O. Box 1397 Lowell, MA 01853

Nonprofit organization located in Lowell, MA with a mission to improve the quality of life for children and adults with disabilities through sports, social, recreational and educational programs. Sports programs include bowling, basketball, karate, gymnastics, fitness, swimming, baseball, golf, horseback riding, skiing, waffle ball, soccer, floor hockey, and track and field.

Pappas Rehabilitation Hospital for Children: <http://www.prhc.us>

/. Contact Info: Pappas Rehabilitation Hospital for Children, 3 Randolph Street, Canton, MA (781) 828-2440 ;info@mhsf.us Variety of adapted sports and active recreation programs including aquatics, water Tai Chi, sledge hockey, arts and crafts, dance, team sports, skiing, therapeutic riding, and animalcare.

Massachusetts Department of Recreation Universal Access Program:

<http://www.mass.gov/eea/agencies/dcr/massparks/accessibility/> Contact Info: (413) 545-5353 or. PO Box 484, Amherst, MA 01004 Offers a number of recreational activities for children and adults of all abilities and their families through the Universal Access Program. Boating, ice skating, ice sledding, and paddling are just a few of the opportunities available for families to explore. Events are held throughout the year to promote participation in various park activities – see website.

Northeast ARC: <http://ne-arc.org/services/recreation/>

Contact Info: Northeast Arc’s Recreation Department, located at The Center for Developmental Excellence, 6 Southside Road, Danvers, MA 978-624-2385 . Organization serves children, youth and adults with or at risk of developing disabilities and their families. Recreation programs include bowling, swimming, lacrosse, creative movement etc. Fees vary according to activities.

The ARC of East Middlesex: <https://theemarc.org/> Contact info: (781) 587-2200

[60-D Audubon Rd Wakefield, MA 01880](https://www.theemarc.org/60-D-Audubon-Rd-Wakefield-MA-01880) Non-profit organization serving youth with disabilities from Burlington, Everett, Lyn, Lynnfield, Malden, Medford, Melrose, North Reading, Reading, Saugus, Stoneham, Wakefield, and Woburn. Recreation programs include adapted aquatics, music therapy, creative movement groups, etc. Programs typically run 6-8 weeks.

SenseAbility Gym: <http://www.senseabilitygym.com>

Contact: 508-381-1231 or email at info@senseabilitygym.com. 8 Charlesview Road, Unit 4 Hopedale, MA Serves children with special needs under the age of twelve in the greater Hopedale area. Their mission is to provide a parent-led sensory gym, giving children with special needs a safe, fun, indoor area where they can play and accommodate their sensory needs.

Spaulding Adaptive Sports Center:

<http://www.spauldingrehab.org/services/inpatient/adaptive-sports.aspx> Contact Info: 877.976.7272.

Adaptive sports programs in Boston, North Shore, and Cape Cod including rowing, sailing, kayaking, and cycling.

Sudbury Parks and Recreation Department: <https://sudbury.ma.us/inclusive/>

Contact info: (978) 639-3257 or email inclusive@sudbury.ma.us 40 Fairbank Rd. Sudbury, MA 01776 Offers year round activities for community members with disabilities. Activities range from

wheelchair fencing, therapeutic horseback riding, power soccer (soccer for people that use power wheelchairs) adaptive tennis, adaptive tae kwon do, adaptive dance, and more. Programs are open to Sudbury residents and non-residents.

Special Olympics of Massachusetts: www.specialolympicsma.org Contact Info: 508-485-0986 512 Forest St, Marlborough, MA 01752. The mission of Special Olympics Massachusetts (SOMA) is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for individuals with intellectual disabilities ages 3 and up. Variety of programs including – Sports and Training, Unified Sports, Motor Activities Training Program, Young Athletes. Variety of sports offered including:

- | | | | | |
|--------------------|----------------------|----------------|------------------|------------------|
| * alpine skiing | * aquatics | * athletics | * basketball | * bocce |
| * bowling- ten pin | * bowling- candlepin | * cycling | * equestrian | * figure skating |
| * fishing | * floor hockey | * golf | * gymnastics | * horseshoes |
| * Nordic skiing | * power lifting | * race walking | * roller-skating | * sailing |
| * snowboarding | * speed-skating | * soccer | * softball | * tennis |
| * volleyball | | | | |

Waypoint Adventure: www.waypointadventure.org Contact info: 781-325-7980; 453 Concord Ave, Lexington MA 02421. Provides adapted adventures for people of all abilities. They custom tailor the programs according to the individual's needs. Types of adventures include: day hiking, backpacking, snowshoeing, kayaking, canoeing, and rope climbing. Check out the blog at www.waypointadventure.blogspot.com .

WholeChildren: www.wholechildren.org Contact info: Whole Children, Inc. 41 Russell Street Hadley, MA 01035 (413) 585-8010 or email info@wholechildren.org. Offers movement, art, and music programs for infants, children and teens of all abilities.

BASEBALL

Massachusetts Little League- Challenger program:

<http://www.littleleague.org/media/challenger.htm>

Contact: 570-326-1921, LLInternational@LittleLeague.org. The Challenger Division offers boys and girls with disabilities, ages 5 -18 (or completion of high school), and the opportunity to participate in an organized baseball program. The goal of the Challenger Division is to give everyone a chance to play. See the website for a listing of programs in your area or for information is on how to start a local program.

Miracle League of Massachusetts: www.miracleleagueofma.com

Contact Info: Lauren Richardt (978) 263-3043 or (978) 430-8914 (cell); info@miracleleagueofma.com Mailing Address Miracle League of MA PO Box 524 Acton, MA 01720 Provides children with intellectual and physical challenges the opportunity to play baseball. Each child is paired with a "buddy" who helps them play. Games are played on the Joseph Lalli Miracle Field in 75 Quarry Road in Acton. For information on the North Shore Miracle League: <https://cccbsd.org/community/miracle-league/> email: playball@cccbsd.org or call: (978) 927-7070.

SHARK Baseball camp at Franciscan Children's Contact Info: Maria Fragala-Pinkham, PT mfragala@fhfc.org; 617 254-3800 dial 1 then 2280. A 1-week summer camp for school-aged

children with special needs to learn how to play baseball or improve fielding, batting, and wheeling/running skills. Held at Franciscan Children's in Brighton, MA.

GYMNASTICS

Flips and Giggles Contact: 781-324-0747, 376 Washington St. Malden MA 02148 Malden, MA. Offers adaptive gymnastics classes. Designed for children who are in need of a little extra attention. Curriculum focuses on eye/ hand coordination, development of motor skills, and improvement of coordination and strength. Professional instructors create a magical setting with wonderful props and music that the children can relate to.

GymStreet, Adaptive Fitness: <http://www.gymstreetusa.com/gymnastics.htm>
Contact Info: (978) 694-9678 One Jewel Drive Wilmington, MA 01887. Adapted fitness and gymnastics classes are designed for children with special needs to develop skills in a fun, safe and encouraging environment. Children work on gross motor skills and coordination, learn how to follow directions and take turns while performing sport specific skills and gymnastics.

Wrestling for special needs athletes in Milford. Practices are held at Milford High School.
<http://milfordspecialathletes.weebly.com/>

ICE

SKATING/HOCKEY

Franciscan Hospital Adapted Ice Skating and Hockey Program:

Contact Info: Maria Fragala-Pinkham, PT mfragala@fhfc.org; 617 254-3800 dial 1 then 2280. The goals of this adapted ice skating program are to teach children ages 5 - 18 years with special needs how to skate or to improve skating skills in children who already know how to skate. Each child has a coach to help him/her while on the ice. Ice walkers and ice sleds are available. The programs are held at the Simoni Rink in Cambridge and runs for 10 weeks in the fall on Wednesdays starting in September. Ice skating is from 4-5 and hockey is from 5-6.

Sled Hockey: http://www.mahockey.org/news_article/show/459267-massachusetts-adaptive-hockey-initiative

Boston Bear Cubs – Hockey program for children and youth with special needs. Quincy, MA
<http://maspecialhockey.org/support/join/>

East Coast Jumbos - Hockey program for youth with special needs. Weston, MA
MacDowell Ice Arena Rivers School Athletic Complex 333 Winter St. Weston, MA 02493
<http://www.eastcoastjumbos.com> Contact: Ray LeBlanc raybo62@comcast.net

SOCCER

TOP Soccer: <http://www.mayouthsoccer.org/programs/topsoccer/>

Contact: Ray Robinson, Director of Outreach Programs at rayrobinson12a@comcast.net, 978-466-8812. A soccer program for children with disabilities. Programs typically last between 6-8 weeks. Many communities are involved in the Top Soccer Program see website for contact information for the individual clubs and instructions on how to start a new Top Soccer program.

Super Soccer Stars Shine: <http://boston.supersoccerstars.com/shine-summer-camps/>

Contact:(781) 777-7171 or email for class offerings throughout the Greater Boston area. 1 Thompson Square, Suite 301 Charlestown, MA 02129. Program uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities. The developmentally-appropriate curriculum, designed by licensed educators and therapists, promotes the complete growth of each individual and encourages players to improve at his or her own pace. The low player-to-coach ratio ensures that individuals receive continuous support and personal attention.

TENNIS

ACEing Autism: www.aceingautism.com Contact Info: Info@aceingautism.org;

A nonprofit organization providing tennis clinics for children with autism. In MA clinics are held in the fall and spring at the Longfellow Club, Wayland, the Weymouth Club, Weymouth Scituate High school in Scituate, and at the Shrewsbury Health & Racquet Club in Shrewsbury.

ADAPTED ALPINE SKIING

Ability Plus, Inc: www.abilityplus.org/ Organization runs programs at 3 mountain resorts and offers special programs and events throughout the Northeast.

Attitash and Wildcat Mountains Bartlett and Jackson, NH Contact info: Liz Stokinger (800) 287-8415 x104 lstokinger@abilityplus.org

Mt. Snow Mt. Snow, VT Contact Info: (800) 287-8415 x103 lwalsh@abilityplus.org

Stowe Stowe, VT Contact info: Cynthia Needham (800) 253-4754 x3681 info@stoweadaptive.org

Loon Mountain Lincoln, NH <http://www.loonmtn.com/info/winter/adaptive.aspx>
Contact info: (603) 745-6281 ext.5663 or email at: info@NEDisabledSports.org

Bretton Woods Ski Area Bretton Woods, NH
<http://brettonwoods.com/Activities/Adaptive/Overview#top>
(603) 278-3398 infobw@nedisabledsports.org Adapted skiing and other recreation (4 season program)

Mount Sunapee Newbury, NH New England Handicapped Sports Association (NEHSA)
<http://www.mountsunapee.com/mtsunapeewinter/learningcenter/adaptivelessons.asp>
Contact NESHA:(603) 763-9158 or e-mail info@nehsa.org

Waterville Valley Waterville, NH <http://www.watervilleadaptive.com> Contact info: (603) 236-8311 Ext. 3175

THERAPEUTIC HORSEBACK RIDING

Equine Site Therapeutic Riding website provide information on therapeutic riding.

(<http://www.equinesite.com/therapyride.htm>)

**NARHA Certified Therapeutic Riding Instructor/ NARHA Premier Accredited Center*

<p>Animals for Healing at Legacy Farm Geraldine O'Connor Raucher 26 Strong St Easthampton, MA 01027 (413) 527-4705 or (413) 210-7501 Email: raucher6@charter.net</p>	<p>Dr. Franklin Perkins School: Rein In A Dream Program: Cherie Ansin 971 Main St Lancaster, MA 01523 978.365.7376 e-mail: cansin@perkinschool.org Website: http://perkinsprograms.org/thIntro.htm</p>
<p>Briggs Stable, LLP Erin Wiggin (781) 826-3191 623 Hanover St, Hanover, MA 02339-2157 www.briggsstable.com</p>	<p>Friends for Tomorrow, Inc.* Allie Dingman (781) 259-8909 131 Weston Rd Lincoln, MA 01773 Email: freindsfortomorrow@gmail.com www.friendsfortomorrow.org</p>
<p>Can Do Equestrians, LLC Patrice Nowak* P.O. Box 11 Rutland, MA 01543 (508) 450-4263 Email: patrice_nowak@yahoo.com</p>	<p>Equus Therapeutic, Inc. 85 Miner Rd. Lanesboro, MA 01237 413-358-1535 Email: equustherapeutic@yahoo.com Website: www.equustherapeutic.org/</p>
<p>Challenge Unlimited, Inc. & Ironstone Therapy @Ironstone Farm* 450 Lowell Street Andover, MA 01810 (978) 475-4056 Email: www.challengeunlimited.org Info@ChallengeUnlimited.org</p>	<p>Flying High Farm: Animal Assisted Psychotherapy Christine Randle, LICSW 615 Leominster Rd Lunenburg, MA 01462 (978) 582-7103 crandle@flyinghighfarm.com http://www.flyinghighfarm.com/</p>
<p>Dare To Dream Educational Farm Programs, Inc.* : Sandra Whitmore 16 Daniel Shays Hwy Orange, MA 01364 (978) 575-0341 Email: CRIMSONACRES@HOTMAIL.COM http://crimsonacres.org/daretodream.htm</p>	<p>Forge Works Farm, LLC Christine Mahan 21 Campbell Court Rutland, MA 01543 (508) 886-2002 chrismahan@charter.net</p>
<p>Greener Pastures Cheri Patron 124 Proctor Rd Chelmsford, MA 01824 (978)-250-8484 Email: flyingchange@comcast.net Website: www.flyingchangestables.com</p>	<p>Teaberry Knoll Academy of Therapeutic Riding, Inc.* : Roberta L. Delrosso 201 Miller St Seekonk, MA 02771 (508) 336-6555 Email: TallyHo@teaberryknoll.com</p>
<p>Greenlock Therapeutic Riding Ctr* Edith Wislocki 59 Summer St Rehoboth, MA 02769 (508) 252-5814 Email: greenlocktrc@gmail.com Website: www.greenlock.org</p>	<p>BiNA FARM* two locations: Dana Hall School, Wellesley, MA also a private farm in Sherborn, MA 508-479-6232 Website: www.binafarm.org Email: terry@binafarm.org</p>
<p>The Bridge Center * 470 Pine St</p>	<p>Windrush Farm Therapeutic Equitation, Inc.* 479 Lacy Street</p>

Bridgewater, MA 02324 (508) 697-7557 Email: info@TheBridgeCtr.org Website: http://www.thebridgectr.org/	North Andover, MA 01845 (978) 682-7855 Email: jenna@windrushfarm.org Website: www.windrushfarm.org
Lovelane Special Needs Horseback Riding Program: Debby Sabin 40 Baker Bridge Road Lincoln, MA 01773 (781) 259-1177 Email: debby@lovelane.org Website: www.lovelane.org	Mass Hospital School Reservoir Farm 3 Randolph Street Canton, MA 02021 Indoor year round arena (781) 828-2440 Email: Kevin.Eardley@state.MA.US
Tewksbury Hospital Equestrian Farm* 500 Livingston Street Tewksbury, MA 01876 (978) 851-5540 Email: animaltherapy63@hotmail.com Website: http://www.strongwaterfarm.org/	Pond Hollow Farm: 22 Pequot Road Wayland, MA 01778 508-358-0855 Email: annemccoubreywilson@gmail.com
Therapeutic Equestrian Center, Inc Judith Zedonis 537 Northampton Street Holyoke, MA 01040 (413) 532-1462 Website: www.equestriantherapy.org	Therapeutic Riding at Breezy Hill 583 Adams St. Holliston, MA 01746 (508) 429-6626

ADAPTIVE SWIMMING/POOLS/SPRAY AREAS AND AQUATIC THERAPY

*Aquatic Therapy – programs in which a registered PT or OT provides individualized sessions.

Andover	Andover/North Andover YMCA 65 Haverhill Street Andover, MA 01810. Phone: 978-685-3541	Natick Wellesley	Wellesley S.T.A.R.S. Swim program. Team competes in Special Olympics. Contact: Karen Bernardo Karen@wellesleystars.org http://www.wellesleystars.org/
Boston	Jamaica Plain Johnson Playground Spray Deck, Corner of Lamartine and Green Streets, Southwest Corridor Park 617-727-0057	West Roxbury	West Roxbury Education Complex Pool (617) 635-5021
Brighton	Artesani Playground Wading Pool 1255 Soldiers Field Rd (617) 626-4973 Franciscan Hospital for Children* 30 Warren Street Brighton, MA 02135 Carrie Barlow, PT Director (617) 254-3800 x2180 Oak Square YMCA Brighton, MA (617) 782-3535 www.ymcaboston.org	Waltham	Boston Sports Club for Kids Waltham, MA (781) 522-2512 Waltham YMCA 725 Lexington Street Waltham, MA 02154 (781) 894-5295

Canton	Massachusetts Hospital School Canton, MA (781) 828-2440	South-Bridge	Tri-Community YMCA Southbridge, MA (508) 765-5466 x113 Barbara Adapted Aquatics Program
Concord	Diamond Physical Therapy Associates at Beede Swim & Fitness Center * (617) 803-8730 www.diamondphysicaltherapy.com	Sudbury	Diamond Physical Therapy* Associates Rugged Bear Plaza (617) 803-8730 www.diamondphysicaltherapy.com
Hanover	Healthtrax Hanover, MA Lauren McGonagle 781.826.1300 http://www.healthtrax.com/locations/hanover	Hanover	South Shore YMCA Hanover Branch (781) 829-8585
Lowell	Greater Lowell Family YMCA 35 YMCA Drive Lowell, MA 01852 978.454.7825 http://www.greaterlowellymca.org/	Reading	Burbank YMCA: Adapted aquatics programs offered through the ARC of East Middlesex Rec@theemarc.org www.theemarc.org (781) 942-4888
Marble-Head	Jewish Community Center North Shore, 4 Community Road, Marblehead, MA 01945 (781) 631-8330 https://jccns.org/ Aquatics Director Ashley Vieira at 781-476-9912 or avieira@jccns.com	MA	Accessible public Pools http://www.mass.gov/eea/agencies/dcr/massparks/accessibility/accessible-pools.html
Newton	Jewish Community Center of Greater Boston 333 Nahanton Street, Newton MA 02459 617-558-6522. https://www.bostonjcc.org/explore-our-programs/special-needs	Woburn Reading Waltham	Adaptive Swim lessons YMCA of Greater Boston www.ymcaboston.org Adaptive swim classes in Woburn, Reading and Waltham – check website for class listings and locations

DANCE

Boston Ballet / Boston Children’s Hospital Adaptive Dance Program:

<http://www.bostonballet.org/community/adaptive-dance.html>

Contact: Portia Abernathy, pabernathy@bostonballet.org. The program currently serves children, teens and young adults with Down syndrome ages 2 – 25 and children/ teens with Autism Spectrum Disorders ages 8 – 15. Program starts in September at studios in Boston and Newton. The program encourages improvement in coordination, balance, posture, focus, self-esteem, self-expression, social skills and musicality.

Dance Inn: <http://thedanceinn.com/>

Contact: 781-863-5360, 1403 Mass Ave., Lexington, MA office@thedanceinn.com. The Adaptive Dance program shares the joy of dance to students ages 7-13 with special needs. We offer two

levels based on age. Each class is designed to meet the individual needs of its students taking into account their emotional maturity, attention span, and developmental stage. The class offers instruction in tap, jazz, and creative movement and results in one (1) recital performance routine. The adaptive dance program builds skills in fostering independence, confidence, cooperation, increasing strength and coordination.

Inspirations Dance Classes at Inspire Dance Academy 18 Water Street, Holliston, MA 01746. Phone: 774-254-1594. See website for more information. www.InspireDanceAcademy.org/
A dance program specifically designed for children with special needs started Fall 2016. Teachers who have a love for teaching dance and students of all abilities and experience working with children with physical and intellectual disabilities.

Performing Arts Center of MetroWest Dance Therapy Program: www.pacmetrowest.org
Contact Info: (508)875-5554; 3 Maple St, Framingham, MA This program serves children with sensory-motor and other challenges such as autism and Down syndrome. Through dance, creative movement, and music, this program works on improving socialization skills, self-esteem, focus, flexibility and coordination. This program is run by Jennifer Wiles-Balser, MA, BC-DMT a board-certified Dance Therapist who has over 10 years of experience running this program. Jennifer Wiles-Balser at (508) 733-2952 or e-mail her at jenwiles@comcast.net

MARTIAL ARTS

Toyko Joe's Studio of Self Defense: 499 Trapelo Road Belmont, MA 02478 (617) 484-4350
<http://tokyojoesbelmont.com/>

New England Small Circle Jujitsu Academy: 2 Merrill Street, Woburn, MA 01801
Phone: 781-932-9366, Email: emjujitsu@comcast.net Website: <http://jujitsudefense.com>

Giorgio's Health and Fitness Connection Chiswick Park 31 Union Avenue, Sudbury, MA 01776 (978) 440-8531 www.giorgiofit.com/ (Martial arts, sports conditioning, DanceFit for Kids)

Guard Up, Inc. 103 Terrace Hall Ave, Burlington, MA 01803
Burlington, MA (781) 270-4800 <http://guardup.com> (Also offers fencing)

One Step Beyond 1231 Hyde Park Avenue Hyde Park, MA 02136 (617) 364-9563
www.osbkarate.com

BOATING AND ROWING

Community Boating Inc.: <https://www.community-boating.org/>
Contact Info: (617) 523-1038; 21 David G Mugar Way, Boston, MA 02114 (On the Charles River Esplanade between the Hatch Shell and Longfellow Bridge) Specialized, accessible sailboats and transfer equipment, dedicated staff for getting in and out of boats, and sailing instruction are available.

Community Rowing, Inc: <https://www.communityrowing.org> Contact Info: Chris Obusek, Adaptive and Veterans Programs Coordinator; 20 Nonantum Road, Brighton, MA 02135 Office: 617-779-8267 Email: friendlyperson@communityrowing.org Offers adaptive rowing program for youth and adults with special needs. CRI is an approved USOC Paralympic

Sports Club. They work with each participant to determine how CRI can best meet their individual needs within the program.

Piers Park Sailing Center Boston Harbor: <http://piersparksailing.org/adaptive-sailing>
 Contact Info: Maureen McKinnon-Tucker (617) 561-6677 info@piersparksailing.org This is an inclusive program with the objective to empower sailors with disabilities to realize their recreational goals using adapted teaching methods and adapted equipment.

Sail to Prevail: <http://www.sailtoprevail.org/> Contact Info: 401-849-8898 Adapted sailing camp in Rhode Island serving children and adults with disabilities.

Universal Access Boating: <https://www.mass.gov/accessible-boating>
[P.O Box 484 Amherst, MA 01004](mailto:P.O.Box-484@amherst-ma.gov) Canoeing, kayaking, paddleboat and rowing in a variety of locations. See website for more information and for special events. The Universal Access Program is operated by the Massachusetts Department of Conservation and Recreation.

BICYCLING PROGRAMS

Franciscan Children’s Adapted Bike Camp: Brighton, MA

Contact Info: Maria Fragala-Pinkham, PT mfragala@fhfc.org; 617 254-3800 dial 1 then 2280. A one week camp for school-aged children with special needs who cannot ride a typical bicycle but would like to learn how to ride a bicycle or improve their riding skills. Held during the summer on the Franciscan Children’s campus in Brighton.

iCan Shine: Contact Information: <http://icanshine.org> P.O Box 541 Paoli, PA 19301; (610) 647 4176 The mission of iCan Shine, Inc. is to teach individuals with disabilities to ride a conventional two wheel bicycle. They hold 1-week bike camps across the US. Check the website for updated listing of local sites sponsoring a week long program.

Northeast Rehabilitation Hospital: www.northeastrehab.com/pediatrics/index.htm
 603-893-2900 ext. 3230. Outpatient Pediatric Clinics offer summer camp programs.

PARKS, TRAILS, AND BEACHES

Massachusetts Department of Conservation and Recreation – Universal Access Program Accessible trails, beaches with beach wheelchairs, boating, and other activities available listed on the website: <http://www.mass.gov/eea/agencies/dcr/massparks/accessibility/>

Wheelchair Accessible Trails: <http://www.traillink.com/stateactivity/ma-wheelchair-accessible-trails.aspx>

Arlington/ Bedford	Minuteman Bikeway	Length: 11 mi
Boston Back Bay to Jamaica Plain	Southwest Corridor Park	Length: 4.7 mi
Cape Cod Dennis to South Wellfleet	Cape Cod Rail Trail	Length: 22 mi
Cambridge/ Somerville Davis Square to Cedar Street	Alewife Linear Park Somerville Community Path	Length: 2 mi Length: 0.75 mi
Easthampton/ Mt. Tom Junction	Manhan Rail Trail	Length: 9 mi

Falmouth/ Woods Hole	Shining Sea Bikeway Length	Length: 10.7 mi
Lanesborough/Adams (Rt.8)	Ashuwillticook Rail Trail	Length: 11.2 mi
Lowell	Lowell Canal System Trails	Length: 1.9 mi
Marlborough/ Hudson/ Maynard	Assabet River Rail Trail	Length: 5.6 mi
Milton/Dorchester	Neponset Trail	Length: 2.5 mi
Nashua Ayer to Hollis	Nashua River Rail	Length: 12.3 mi
Northampton/Florence	Norwottock Rail-Trail (Francis P. Ryan Section)	Length: 4.9 mi

Roger Williams Park Zoo: <http://rwpzoo.org/>

1000 Elmwood Avenue, Providence, RI 02907 Wheelchair rentals are available at the main entrance on a first come, first served basis. Manual wheelchair rental fee is \$5, plus a cash-only deposit of \$10 (refunded upon return of the wheelchair). An EZ Cart (power wheelchair) is also available for rental by reservation. The EZ Cart is the only rental that may be reserved. Contact the Admissions Department at (401) 941-4998 at least 48 hours in advance of your visit to reserve the EZ Cart. The rental fee is \$30, and there will be a refund of \$5 upon return of the EZ Cart.

ACCESSIBLE PLAYGROUNDS

<http://www.accessibleplayground.net/united-states/massachusetts/>

SUMMER CAMP RESOURCES

Federation for Children with Special Needs: <http://fcsn.org/>

Summer Fun Directory with camp listings

American Camping Association of New England:

<http://www.acanewengland.org/findacamp/index.htm> Contact Info: camp@acanewengland.org (781) 541-6080; 80 Westview St Lexington, MA 02421 Offers guidance to help match your child's needs and interests with specific New England camps.

Boston Centers for Youth and Families: 483 Tremont St, Boston, MA 02120

<http://www.cityofboston.gov/BCYF/> or Email: BCYF@cityofboston.gov

Camp Joy: <https://www.boston.gov/health-and-human-services/bcyf-camp-joy#summer-program> Four-week summer camp for Boston residents with disabilities ages 8-22. The program provides structured daily opportunities for participants and their families to make new friends, have fun, learn and grow. Activities range from group games and swimming to gym time and arts and crafts. Contact:(617) 635-4920 or email Roberta.Smalls@cityofboston.gov

Camp Shriver at UMass Boston and Stonehill College:

General Information: 617-287-7250 or website: <http://www.csde.umb.edu/shriver.html>

Contact info: Barbara Gildea at 617 287-7247 barbara.gildea@umb.edu 10th Floor, Healey Library, 100 Morrissey Blvd Boston, MA 02125 Sports-oriented inclusive summer day camp for Boston-area children with & without intellectual & developmental disabilities.

Camp Arrowhead: <http://camparrowheadnatick.com/> Camp Arrowhead 1055 Worcester Street Natick, MA 01760 Email: Camparrowheadnatick@gmail.com 508-647-6530 Located in Natick, MA on the wooded shores of Lake Cochituate. Camp Arrowhead offers a six-week day camp and one-week residential camp that serves children and adults with special needs.

Easter Seals Massachusetts: Easter Seals Camp offers Massachusetts residents ages 8-22 with disabilities the opportunity to enjoy summer camp activities with campers who do not have disabilities. 484 Main Street, Worcester, MA 01608 (508)757-2756
Website: <http://www.easterseals.com/our-programs/camping-recreation/>

OTHER RECREATION/SPORTS CONTACTS/ORGANIZATIONS

Partners for Youth with Disabilities: Making Healthy Connections:

<http://www.pyd.org> Interactive discussions and recreational activities for adolescents and youth with disabilities (ages 14-22 years). Groups meet in Boston and Springfield areas.

American Association of Adapted Sports Programs <http://adaptedsports.org/> This association not-for-profit association is dedicated to developing adapted interscholastic sport programs in partnership with national, state, and local educational agencies. This cooperative approach represents the most successful model for affording students with physical disabilities access to competitive sport.

New England Wheelchair Athletic Association:

<https://newwheelchairathletics.wordpress.com/>

Contact Info: (781) 830-8751; 3 Randolph Street, Canton, MA 02021 NEWAA is a regional sports organization of Wheelchair Sports USA. Anyone who has a mobility-limiting physical disability, from novice to elite athlete, is encouraged to participate in NEWAA events. Individuals compete against others of similar ability based on a classification system. There are three age divisions: Juniors (up to age 21), Adult (21 to 39), and Masters (40 & over).

National Center on Physical Activity and Disability: www.ncpad.org Contact Info: (800) 900-8086; 4000 Ridgeway Drive, Birmingham, AL 35209 An information center focusing on physical activity for people with disabilities. Includes links to programs by state, exercise benefits for individuals with various conditions, links to research and information about starting new programs.

New England INDEX Information for people with disabilities and their families.

<http://www.disabilityinfo.org/> This is an online database of resources and providers as well as adapted sports, recreational and other programs. The site and databases are maintained by the Shriver Center and is part of the Mass.gov database called (MADIL) Massachusetts Aging and Disability Information Locator project as well <http://www.mardil.com/>

Team Impact: A program that matches children with chronic or medical conditions and local college teams. The child is signed onto the team roster and attends the team practices and games. The players encourage the child and the child encourages the players for a great team experience. <http://www.goteamimpact.org/>

SPECIALIZED RECREATIONAL EQUIPMENT

SMILE Mass www.smilemass.org Organization is dedicated to providing happy, healthy memories to families living with children or adults with disabilities. Their mission is to create a day trip or a vacation opportunity without barriers for families. They have 10 floating beach wheelchairs, 2 adaptable bikes, and 5 jogging strollers available to borrow, FREE of charge, to take on your vacation or outing.

Adaptive Bicycles/Tricycles/Handcycles: See websites below for more information about a variety of adapted bicycles/tricycles/handcycles.

For funding: **Bug's Bikes** – Nonprofit organization which provides financial assistance to Massachusetts families who are in the process of purchasing an adaptive bicycle for their child with special needs. Also provide consultation. <http://bugsbikes.org/>

For more information, discuss types of bikes and accessories with your child's physical or occupational therapist.

- Adaptive Mall: <http://www.adaptivemall.com/specneedtric.html> (See section on adapted tricycles)
- Amtryke Bikes: <https://www.ambucs.org/>
- For assistance with determining the appropriate type and size of Amtryke the following sites provide this service. Evaluation Sites: Franciscan Hospital for Children in Brighton, MA contact mfragala@fhfc.org; Pediatric Physical Therapy Inc Concord, NH (603) 224-4540
- Bike-On: Cycle Store <http://bike-on.com/>
- Frank Mobility: Duet "Go Anywhere wheelchair Bicycle Tandem" <http://www.frankmobility.com/>
- Freedom Concepts: www.freedomconcepts.com
- FlagHouse <http://www.flaghouse.com/Special-Needs/Bikes-and-Ride-Ons-PN=1&navlink=true>
- Rifton: <http://www.rifton.com/products/special-needs-tricycles/adaptive-tricycles>
- Walmart: Adult sized tricycle www.walmart.com/ip/Schwinn-Meridian-Tricycle/5679542
Adult sized tricycle – Trifecta www.walmart.com/ip/Trifecta-Single-Adult-Folding-Tricycle/882975 Adult sized tricycle Port-O-Trike- www.walmart.com/ip/Port-O-Trike-3-Speed-Deluxe-Adult-Folding-Tricycle-Blue/2189247
- Quickie by Sunrise Medical: Recumbent Hand Cycle www.quickie-wheelchairs.com/products/Quickie-Shark-3093.html
- Mobo Mobito -3 wheeled cruiser - Designed for children of all abilities. www.mobocruiser.com
- Trailmate tricycles- <http://www.trailmate.com/product.cfm?proID=19>
- <http://www.quickieattitude.com/>

Training Wheels

Fatwheels- <https://www.fatwheels.com> Rear training wheels for older children to adults

Bike USA- www.stabilizerwheels.com Rear training wheels for older children to adults

Adapted Ice Sleds Unique Inventions, Inc. <http://www.uniqueinventionsinc.com>

Adapted Snow Sleds Flaghouse www.flaghouse.com/Snow-Coach-item-39462

Beach Wheelchairs <http://www.beachwheelchair.com/>
<http://www.vipamat.com>

Adapted Playground Swings

www.detailedplaypro.com/playground-equipment/commercial-playground-swings/handicapped-jenn-swing.htm
<https://www.especialneeds.com/high-backed-seat-for-swings.html>
www.bluegrassplaygrounds.com/swings-ADA-swings.htm
www.aaastateofplay.com/adaptive-swing-seat/