



Franciscan
Hospital for Children

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 May 2015

Introduction

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 refer Franciscan Hospital for Children’s website at franciscanhospital.org/recguide.

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.

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ACTIVE RECREATION AND SPORTS PROGRAMS

AccessSport America: www.accessportamerica.org

Contact Info: (866) 457-7678 or (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. AccessSport 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.

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://belmontsport.org/> . 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.

Boys and Girls Club of Boston: <http://www.bgcb.org/our-location/south-boston-club/inclusion-programming/>. Inclusion initiative called "I Am In," to make sure youth with disabilities are being served and feel welcome at Clubs. This effort started at the South Boston club and has spread to a number of Boston-area clubs. For more information on the initiative and on which clubs are participating, contact Inclusion Facilitator Jessie Kandel at 617-516-5454 or jkandel@bgcb.org.

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. 36 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/ Contact Info:(508) 531-1776 Mon-Fri 8:30- 5:00pm or email cpdc@bridgew.edu. 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) 788-9695 Address: 367 Pine St., Springfield, MA 01105 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
<http://www.crotchedmountain.org/Programs-and-Services/CMARS/CMARS/>
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 Dedham Street, 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: Contact: Special Needs Services at 617 558-6522 or specialneeds@jccgb.org www.bostonjcc.org/Interests/Special-Needs.aspx
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/OurServices/PeoplewithDisabilitiesMentalIllness/ChildrenwithSpecialNeeds/tabid/211/Default.aspx>. Contact: Doreen Cummings (781) 693-5023
awillinsky@jfcsboston.org. The Sunday swim and arts program is for children with developmental disabilities including those on the Autism Spectrum. Program includes swimming, music and art therapy. Program meets at the Striar JCC in Stoughton 1:00-4:00.

Kids in Disability Sports (K.I.D.S.): <http://www.kidsinc.us/index.html> Contact Info: (866) 712-7799; info@kidsinc.us ; 220 Pawtucket St., Lowell, MA 01854. 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.

Massachusetts Hospital School Recreation Department:

<http://www.mhsf.us/programs/recreation>. Contact: Dick Cristafulli, Director of Recreation, Athletics/Community Programs, Massachusetts Hospital School, 3 Randolph Street, Canton, MA 02021 (781)-830-8751. 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 animal care.

Massachusetts Department of Recreation Universal Access Program:

<http://www.mass.gov/eea/agencies/dcr/massparks/accessibility/> Contact Info: (413) 545-5353 or (413) 577-2200. 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 978-624-2308. 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:

<http://emarc.recdesk.com/recdeskportal/ContactStaff/tabid/685/Default.aspx> Contact info: (781) 587-2382 or Rec@theemarc.org 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 Tina Perriello at tina@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: Mark Priest, Network Registration Specialist, at 877.976.7272. Adaptive sports programs in Boston, North Shore, and Cape Cod including rowing, sailing, kayaking, cycling.

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

Contact info: (978) 639-3257 or email inclusive@sudbury.ma.us 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: 617-244-5472; 255 Newtonville Ave Newton, MA 02458. 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](mailto:info@wholechildren.org). Offers movement, art, and music programs for infants, children and teens of all abilities.

BASEBALL

Massachusetts Little League- Challenger program:

www.eteamz.com/massll/news/index.cfm?cat=383939 Contact: 570-326-1921, challenger@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); miracleleagueofma@yahoo.com. 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: www.cccbsd.org/miracleleague email: playball@cccbsd.org or call: (978) 927-7070.

SHARK Baseball camp at Franciscan Hospital for Children

Contact Info: Maria Fragala-Pinkham, PT mfragala@fhfc.org; 617 254-3800 dial 1 then 2280. A 1-week 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 Hospital for Children in Brighton, MA.

GYMNASTICS

Flips and Giggles: <http://www.flipsandgiggles.com/>

Contact: 781-324-0747, info@flipsandgiggles.com, Malden, MA. Offers adaptive gymnastics classes. Designed for children who are in need of that 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 or email gymstreet@gymstreetusa.com; 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.

ICE SKATING

Franciscan Hospital Adapted Ice Skating 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 program is held at the Simoni Rink in Cambridge and runs for 10 weeks in the fall on Wednesdays 4-5 starting in September.

SOCCER

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

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 TopSoccer 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-program/>

Contact:(781) 777-7171 or email boston@supersoccerstars.com for class offerings throughout the Greater Boston area. 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: aceingautismboston@gmail.com;

A nonprofit organization providing tennis clinics for children with autism. 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 lstrokinger@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 www.brettonwoodsadaptive.org/ (603) 278-3398 info@brettonwoodsadaptive.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 Tom Kersey: (603) 763-9158 or e-mail tom.kersey@nehsa.org.

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

THERAPEUTIC HORSEBACK RIDING

The **North American Riding for the Handicapped Association** (<http://www.narha.org>) and the 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*

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	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
Briggs Stable, LLP (781) 826-3191 Erin Wiggins 623 Hanover St, Hanover, MA 02339-2157	Website: www.briggsstable.com
Can Do Equestrians, LLC Patrice Nowak* P.O. Box 11 Rutland, MA 01543 (508) 450-4263 Email: patrice_nowak@yahoo.com	Equus Therapeutic, Inc. 705 N. Main Street Lanesboro, MA 01237 413-358-1535 Email: renard@berkshire.rr.com Website: www.equustherapeutic.org/

<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: sandy@crimsonacres.org 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>Friends for Tomorrow, Inc.* Allie Dingman (781) 259-8909 131 Weston Rd Lincoln, MA 01773 Email: freindsfortomorrow@gmail.com www.friendsfortomorrow.org</p>	<p>Prayers Answered Therapeutic Horsemanship Carrie Keesee P.O. Box 175/ 44 Holden Road Shirley, MA 01464 (978) 425-2725 Email: cmksmiles@aol.com http://www.justhorses.com/ind/C5300.html</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 55 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 Bridgewater, MA 02324 (508) 697-7557 Email: info@TheBridgeCtr.org Website: http://www.thebridgectr.org/</p>	<p>Windrush Farm Therapeutic Equitation, Inc.* 479 Lacy Street North Andover, MA 01845 (978) 682-7855 Email: jenna@windrushfarm.org Website: www.windrushfarm.org</p>
<p>Lovelane Special Needs Horseback Riding Program: Debby Sabin 40 Baker Bridge Road</p>	<p>Mass Hospital School Reservoir Farm 3 Randolph Street Canton, MA 02021</p>

Lincoln, MA 01773 (781) 259-1177 Email: debby@lovelane.org Website: www.lovelane.org	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: www.T-H-E-farm.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 Email: info@breezyhillfarm.com Website: http://www.breezyhill.org/

ADAPTIVE SWIMMING 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 www.jccns.com 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. http://www.bostonjcc.org/Interests/Special-Needs.aspx	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
MA	Angelfish Aquatic Therapy: http://angelfishtherapy.com/ 203-545-0024 Swim lessons and aquatic therapy. Multiple locations throughout MA: Burlington, Lexington, Sudbury, Newton, & Cambridge. See website for contact info at each location.		

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, 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.

Performing Arts Center of MetroWest Dance Therapy Program: www.pacmetrowest.org

Contact Info: (508)875-5554; 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: jujitsu@theworld.com, Website: <http://jujitsudefense.com>

Giorgio's Health and Fitness Connection Chiswick Park 31 Union Avenue, Sudbury, MA (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.: <http://community-boating.org/universal-access> Contact Info: (617) 523-1038; 21 David Mugar Way, Boston (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: 617-779-8277 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:

<http://www.mass.gov/eea/agencies/dcr/massparks/accessibility/accessible-boating.html>

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 Hospital for Children 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 Hospital campus in Brighton.

iCan Shine: Contact Information: <http://icanshine.org>

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.trailink.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	Norwotock Rail-Trail (Francis P. Ryan Section)	Length: 4.9 mi

Roger Williams Park Zoo: www.rogerwilliamsparkzoo.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- <http://www.cityofboston.gov/summer/youth.asp> 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

Sports-oriented inclusive summer day camp for Boston-area children with & without intellectual & developmental disabilities.

Camp Arrowhead: <http://camparrowheadnatick.com/> 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. Website: <http://www.easterseals.com/ma/our-programs/camping-recreation/>

OTHER RECREATION/SPORTS CONTACTS

Partners for Youth with Disabilities: Making Healthy Connections:

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

New England Wheelchair Athletic Association: <http://www.newaa.org/>

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.madil.org/Default.aspx?JScript=1>

SPECIALIZED RECREATIONAL EQUIPMENT

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: www.ambucs.org/amtryke/

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: The Hand 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

Training Wheels

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

Fatwheels- www.fatwheels.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

www.especialneeds.com/tfh-high-backed-swing-seats.html

www.bluegrassplaygrounds.com/swings-ADA-swings.htm

www.aaastateofplay.com/adaptive-swing-seat/