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

**AccesSport America:** [www.accessportamerica.org](http://www.accessportamerica.org)
Contact Info: (866) 457-7678 or (978) 264-0985; betty@AccesSportAmerica.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/](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/](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/](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/](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](http://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/](http://www.capeableadventures.org/)  Contact: 508-566-3298 or email [info@capeableadventures.org](mailto: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](http://www.capecodchallenger.org)  Contact: 508-420-6950 ext. 36 or email [info@capecodchallenger.org](mailto: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/](http://www.bridgew.edu/cpdc/)  Contact Info:(508) 531-1776 Mon-Fri 8:30- 5:00pm or email [cpdc@bridgew.edu](mailto: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/](http://chd.org/adult-services/community-based-programs/disability-resources/adaptive-sports-activities/)  Contact Info: [chdinfo@chd.org](mailto: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](http://www.compellingfitness.com)  Contact: (339) 206-1109 or email [bret@compellingfitness.com](mailto: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/](http://www.crotchedmountain.org/Programs-and-Services/CMARS/CMARS/)  Contact: (603) 547-3311 ext. 1664 or email [CMARS@crotchedmountain.org](mailto: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](http://www.journey-forward.org)  Contact Info: [info@Journey-Forward.org](mailto: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, 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
- bowling- ten pin
- fishing
- Nordic skiing
- snowboarding
- volleyball
- aquatics
- bowling- candlepin
- floor hockey
- power lifting
- speed-skating
- athletics
- cycling
- golf
- race walking
- soccer
- basketball
- equestrian
- gymnastics
- roller-skating
- softball
- bocce
- figure skating
- horseshoes
- sailing
- tennis
**Waypoint Adventure:**  [www.waypointadventure.org](http://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](http://www.waypointadventure.blogspot.com).

**WholeChildren:**  [www.wholechildren.org](http://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.

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**BASEBALL**

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](http://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](http://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.

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**GYMNASTICS**

**Flips and Giggles:**  [http://www.flipsandgiggles.com/](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
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](http://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  
  lstroking@abilityplus.org

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

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

- **Loon Mountain**  
  Lincoln, NH  
  Contact info: (603) 745-6281 ext.5663 or email at: info@NEDisabledSports.org

- **Bretton Woods Ski Area**  
  Bretton Woods, NH  
  [www.brettonwoodsadaptive.org](http://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)  
  Contact Tom Kersey: (603) 763-9158 or e-mail tom.kersey@nehsa.org.

- **Waterville Valley**  
  Waterville, NH  
  [http://www.watervilleadaptive.com](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](http://www.equinesite.com/therapyride.htm)

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

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<th>Animals for Healing at Legacy Farm</th>
<th>Dr. Franklin Perkins School: Rein In A Dream Program</th>
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<tr>
<td>Geraldine O'Connor Raucher</td>
<td>Cherie Ansin</td>
</tr>
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</table>
| 26 Strong St                      | 971 Main St  
| Easthampton, MA 01027             | Lancaster, MA 01523  
| (413) 527-4705 or (413) 210-7501 | 978.365.7376  
| Email: raucher6@charter.net       | e-mail: cansin@perkinschool.org                     |

<table>
<thead>
<tr>
<th>Briggs Stable, LLP</th>
<th>Website: <a href="http://www.briggsstable.com">www.briggsstable.com</a></th>
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| Erin Wiggin 623 Hanover St, Hanover, MA 02339-2157 | (781) 826-3191  

<table>
<thead>
<tr>
<th>Can Do Equestrians, LLC</th>
<th>Equus Therapeutic, Inc.</th>
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<tbody>
<tr>
<td>Patrice Nowak*</td>
<td>705 N. Main Street</td>
</tr>
<tr>
<td>P.O. Box 11</td>
<td>Lanesboro, MA 01237</td>
</tr>
<tr>
<td>Rutland, MA 01543</td>
<td>413-358-1535</td>
</tr>
<tr>
<td>(508) 450-4263</td>
<td>Email: <a href="mailto:renard@berkshire.rr.com">renard@berkshire.rr.com</a></td>
</tr>
<tr>
<td>Email: <a href="mailto:patrice_nowak@yahoo.com">patrice_nowak@yahoo.com</a></td>
<td>Website: <a href="http://www.equustherapeutic.org">www.equustherapeutic.org</a></td>
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<tr>
<td><strong>Challenge Unlimited, Inc. &amp; Ironstone Therapy @Ironstone Farm</strong>*</td>
<td><strong>Flying High Farm: Animal Assisted Psychotherapy</strong></td>
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| 450 Lowell Street  
Andover, MA 01810  
(978) 475-4056  
Email: [www.challengeunlimited.org](http://www.challengeunlimited.org)  
Info@ChallengeUnlimited.org | Christine Randle, LICSW  
615 Leominster Rd  
Lunenburgh, MA 01462  
(978) 582-7103  
crandle@flyinghighfarm.com  

<table>
<thead>
<tr>
<th><strong>Flying High Farm: Animal Assisted Psychotherapy</strong></th>
<th><strong>Forge Works Farm, LLC</strong></th>
</tr>
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</table>
| Christine Randle, LICSW  
615 Leominster Rd  
Lunenburgh, MA 01462  
(978) 582-7103  
crandle@flyinghighfarm.com  
21 Campbell Court  
Rutland, MA 01543  
(508) 886-2002  
chrismahan@charter.net |

<table>
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<tr>
<th><strong>Dare To Dream Educational Farm Programs, Inc.</strong>*: Sandra Whitmore</th>
<th><strong>Prayers Answered Therapeutic Horsemanship</strong></th>
</tr>
</thead>
</table>
| 16 Daniel Shays Hwy  
Orange, MA 01364  
(978) 575-0341  
Email: [sandy@crimsonacres.org](mailto:sandy@crimsonacres.org)  
http://www.crimsonacres.org/daretodream.htm | 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](http://www.justhorses.com/ind/C5300.html) |

<table>
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<tr>
<th><strong>Friends for Tomorrow, Inc.</strong>*: Allie Dingman</th>
<th><strong>Teaberry Knoll Academy of Therapeutic Riding, Inc.</strong>*: Roberta L. Delrosso</th>
</tr>
</thead>
</table>
| 131 Weston Rd  
Lincoln, MA 01773  
(978) 259-8909  
Email: friendsfortomorrow@gmail.com  
www.friendsfortomorrow.org | 201 Miller St  
Seekonk, MA 02771  
(508) 336-6555  
Email: TallyHo@teaberryknoll.com |

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<tr>
<th><strong>Greener Pastures</strong></th>
<th><strong>BiNa FARM</strong>*</th>
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| Cheri Patron  
124 Proctor Rd  
Chelmsford, MA 01824  
(978)-250-8484  
Email: flyingchange@comcast.net  
Website: [www.flyingchangestables.com](http://www.flyingchangestables.com) | two locations:  
Dana Hall School, Wellesley, MA  
also a private farm in Sherborn, MA  
508-479-6232  
Website: [www.binafarm.org](http://www.binafarm.org)  
Email: terry@binafarm.org |

<table>
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<tr>
<th><strong>Prayers Answered Therapeutic Horsemanship</strong></th>
<th><strong>Windrush Farm Therapeutic Equitation, Inc.</strong>*:</th>
<th>**The Bridge Center ***</th>
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| 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](http://www.justhorses.com/ind/C5300.html) | 479 Lacy Street  
North Andover, MA 01845  
(978) 682-7855  
Email: jenna@windrushfarm.org  
Website: [www.windrushfarm.org](http://www.windrushfarm.org) | 470 Pine St  
Bridgewater, MA 02324  
(508) 697-7577  
Email: info@TheBridgeCtr.org  
Website: [http://www.thebridgectr.org/](http://www.thebridgectr.org/) |

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<th><strong>BiNa FARM</strong>*</th>
<th><strong>Windrush Farm Therapeutic Equitation, Inc.</strong>*:</th>
<th>**The Bridge Center ***</th>
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| two locations:  
Dana Hall School, Wellesley, MA  
also a private farm in Sherborn, MA  
508-479-6232  
Website: [www.binafarm.org](http://www.binafarm.org)  
Email: terry@binafarm.org | 479 Lacy Street  
North Andover, MA 01845  
(978) 682-7855  
Email: jenna@windrushfarm.org  
Website: [www.windrushfarm.org](http://www.windrushfarm.org) | 470 Pine St  
Bridgewater, MA 02324  
(508) 697-7577  
Email: info@TheBridgeCtr.org  
Website: [http://www.thebridgectr.org/](http://www.thebridgectr.org/) |

<table>
<thead>
<tr>
<th><strong>Windrush Farm Therapeutic Equitation, Inc.</strong>*:</th>
<th>**The Bridge Center ***</th>
</tr>
</thead>
</table>
| 479 Lacy Street  
North Andover, MA 01845  
(978) 682-7855  
Email: jenna@windrushfarm.org  
Website: [www.windrushfarm.org](http://www.windrushfarm.org) | 470 Pine St  
Bridgewater, MA 02324  
(508) 697-7577  
Email: info@TheBridgeCtr.org  
Website: [http://www.thebridgectr.org/](http://www.thebridgectr.org/) |

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<tr>
<th>**The Bridge Center ***</th>
<th><strong>Windrush Farm Therapeutic Equitation, Inc.</strong>*:</th>
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</table>
| 470 Pine St  
Bridgewater, MA 02324  
(508) 697-7577  
Email: info@TheBridgeCtr.org  
Website: [http://www.thebridgectr.org/](http://www.thebridgectr.org/) | 479 Lacy Street  
North Andover, MA 01845  
(978) 682-7855  
Email: jenna@windrushfarm.org  
Website: [www.windrushfarm.org](http://www.windrushfarm.org) |

<table>
<thead>
<tr>
<th><strong>Lovelane Special Needs Horseback Riding Program</strong>: Debby Sabin</th>
<th><strong>Mass Hospital School Reservoir Farm</strong></th>
</tr>
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</table>
| 40 Baker Bridge Road | 3 Randolph Street  
Canton, MA 02021 |
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<thead>
<tr>
<th>Lincoln, MA 01773</th>
<th>Indoor year round arena</th>
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<tbody>
<tr>
<td>(781) 259-1177</td>
<td>(781) 828-2440</td>
</tr>
<tr>
<td>Email: <a href="mailto:debby@lovelane.org">debby@lovelane.org</a></td>
<td>Email: <a href="mailto:Kevin.Eardley@state.MA.US">Kevin.Eardley@state.MA.US</a></td>
</tr>
<tr>
<td>Website: <a href="http://www.lovelane.org">www.lovelane.org</a></td>
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<tr>
<th>Tewksbury Hospital Equestrian Farm*</th>
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<tbody>
<tr>
<td>500 Livingston Street</td>
</tr>
<tr>
<td>Tewksbury, MA 01876</td>
</tr>
<tr>
<td>(978) 851-5540</td>
</tr>
<tr>
<td>Email: <a href="mailto:animaltherapy63@hotmail.com">animaltherapy63@hotmail.com</a></td>
</tr>
<tr>
<td>Website: <a href="http://www.T-H-E-farm.org">www.T-H-E-farm.org</a></td>
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<tr>
<th>Pond Hollow Farm:</th>
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<tbody>
<tr>
<td>22 Pequot Road</td>
</tr>
<tr>
<td>Wayland, MA 01778</td>
</tr>
<tr>
<td>508-358-0855</td>
</tr>
<tr>
<td>Email: <a href="mailto:annemccoubreywilson@gmail.com">annemccoubreywilson@gmail.com</a></td>
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<thead>
<tr>
<th>Therapeutic Equestrian Center, Inc</th>
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<tbody>
<tr>
<td>Judith Zedonis</td>
</tr>
<tr>
<td>537 Northampton Street</td>
</tr>
<tr>
<td>Holyoke, MA 01040</td>
</tr>
<tr>
<td>(413) 532-1462</td>
</tr>
<tr>
<td>Website: <a href="http://www.equestriantherapy.org">www.equestriantherapy.org</a></td>
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<thead>
<tr>
<th>Therapeutic Riding at Breezy Hill</th>
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<tbody>
<tr>
<td>583 Adams St. Holliston, MA 01746</td>
</tr>
<tr>
<td>(508) 429-6626</td>
</tr>
<tr>
<td>Email: <a href="mailto:info@breezyhillfarm.com">info@breezyhillfarm.com</a></td>
</tr>
<tr>
<td>Website: <a href="http://www.breezyhill.org/">http://www.breezyhill.org/</a></td>
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</table>

**Adaptive Swimming and Aquatic Therapy**

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

<table>
<thead>
<tr>
<th>Andover</th>
<th>Natick Wellesley</th>
<th>Boston</th>
<th>West Roxbury</th>
<th>Brighton</th>
<th>Waltham</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>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 <a href="http://www.ymcauboston.org">www.ymcauboston.org</a></td>
<td>Waltham YMCA 725 Lexington Street Waltham, MA 02154 (781) 894-5295</td>
</tr>
<tr>
<td>Canton</td>
<td>Massachusetts Hospital School Canton, MA (781) 828-2440</td>
<td>South-Bridge</td>
<td>Tri-Community YMCA Southbridge, MA (508) 765-5466 x113 Barbara Adapted Aquatics Program</td>
<td></td>
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<tr>
<td>Hanover</td>
<td>Healthtrax Hanover, MA Lauren McGonagle 781.826.1300 <a href="http://www.healthtrax.com/locations/hanover">http://www.healthtrax.com/locations/hanover</a></td>
<td>Hanover</td>
<td>South Shore YMCA Hanover Branch (781) 829-8585</td>
<td></td>
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</tr>
<tr>
<td>Lowell</td>
<td>Greater Lowell Family YMCA 35 YMCA Drive Lowell, MA 01852 978.454.7825 <a href="http://www.greaterlowellymca.org/">http://www.greaterlowellymca.org/</a></td>
<td>Reading</td>
<td>Burbank YMCA: Adapted aquatics programs offered through the ARC of East Middlesex <a href="http://www.theemarc.org">Rec@theemarc.org</a> <a href="http://www.theemarc.org">www.theemarc.org</a> (781) 942-4888</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marble-Head</td>
<td>Jewish Community Center North Shore, 4 Community Road, Marblehead, MA 01945 (781) 631-8330 <a href="http://www.jccns.com">www.jccns.com</a> Aquatics Director Ashley Vieira at 781-476-9912 or <a href="mailto:avieira@jccns.com">avieira@jccns.com</a></td>
<td>MA</td>
<td>Accessible public Pools <a href="http://www.mass.gov/eea/agencies/dcr/massparks/accessibility/accessible-pools.html">http://www.mass.gov/eea/agencies/dcr/massparks/accessibility/accessible-pools.html</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MA</td>
<td><strong>Angelfish Aquatic Therapy:</strong> <a href="http://angelfishtherapy.com/">http://angelfishtherapy.com/</a>  203-545-0024 Swim lessons and aquatic therapy. Multiple locations throughout MA: Burlington, Lexington, Sudbury, Newton, &amp; Cambridge. See website for contact info at each location.</td>
<td>Reading</td>
<td>Waltham</td>
<td></td>
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</tr>
</tbody>
</table>
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

Tokyo 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](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](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](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.


Universal Access Boating: [http://www.mass.gov/eea/agencies/dcr/massparks/accessibility/accessible-boating.html](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](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.

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/


<table>
<thead>
<tr>
<th>Location</th>
<th>Trail Name</th>
<th>Length</th>
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<tbody>
<tr>
<td>Arlington/ Bedford</td>
<td>Minuteman Bikeway</td>
<td>11 mi</td>
</tr>
<tr>
<td>Boston Back Bay to Jamaica Plain</td>
<td>Southwest Corridor Park</td>
<td>4.7 mi</td>
</tr>
<tr>
<td>Cape Cod Dennis to South Wellfleet</td>
<td>Cape Cod Rail Trail</td>
<td>22 mi</td>
</tr>
<tr>
<td>Cambridge/ Somerville Davis Square to Cedar Street</td>
<td>Alewife Linear Park</td>
<td>2 mi</td>
</tr>
<tr>
<td>Somerville Community Path</td>
<td></td>
<td>0.75 mi</td>
</tr>
<tr>
<td>Easthampton/ Mt. Tom Junction</td>
<td>Manhan Rail Trail</td>
<td>9 mi</td>
</tr>
<tr>
<td>Falmouth/ Woods Hole</td>
<td>Shining Sea Bikeway</td>
<td>10.7 mi</td>
</tr>
<tr>
<td>Lanesborough/Adams (Rt.8)</td>
<td>Ashuwillticook Rail Trail</td>
<td>11.2 mi</td>
</tr>
<tr>
<td>Lowell</td>
<td>Lowell Canal System Trails</td>
<td>1.9 mi</td>
</tr>
<tr>
<td>Marlborough/ Hudson/ Maynard</td>
<td>Assabet River Rail Trail</td>
<td>5.6 mi</td>
</tr>
<tr>
<td>Milton/Dorchester</td>
<td>Neponset Trail</td>
<td>2.5 mi</td>
</tr>
<tr>
<td>Nashua Ayer to Hollis</td>
<td>Nashua River Rail</td>
<td>12.3 mi</td>
</tr>
<tr>
<td>Northampton/Florence</td>
<td>Norwottock Rail-Trail (Francis P. Ryan Section)</td>
<td>4.9 mi</td>
</tr>
</tbody>
</table>

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/](http://fcsn.org/)  
Summer Fun Directory with camp listings

**American Camping Association of New England:**  
[http://www.acanewengland.org/findacamp/index.htm](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/](http://www.cityofboston.gov/BCYF/) or Email: BCYF@cityofboston.gov

  - **Camp Joy:** [http://www.cityofboston.gov/summer/youth.asp](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](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/](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/](http://www.easterseals.com/ma/our-programs/camping-recreation/)

OTHER RECREATION/SPORTS CONTACTS

**Partners for Youth with Disabilities: Making Healthy Connections:**  
Interactive discussions and recreational activities for adolescents and youth with disabilities (ages 14-22 years). Groups meet in Boston and Springfield areas.

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](http://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/](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](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/](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](http://www.adaptivemall.com/specneedtric.html) (See section on adapted tricycles)
- Amtryke Bikes: [www.ambucs.org/amtryke/](http://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

- Frank Mobility: Duet “Go Anywhere wheelchair Bicycle Tandem” [http://www.frankmobility.com/](http://www.frankmobility.com/)
- Freedom Concepts: [www.freedomconcepts.com](http://www.freedomconcepts.com)
Adult sized tricycle Port-O-Trike- [www.walmart.com/ip/Port-O-Trike-3-Speed-Deluxe-Adult-Folding-Tricycle-Blue/2189247](www.walmart.com/ip/Port-O-Trike-3-Speed-Deluxe-Adult-Folding-Tricycle-Blue/2189247)


**Training Wheels**
Bike USA- [www.stabilizerwheels.com](www.stabilizerwheels.com) Rear training wheels for older children to adults
Fatwheels- [www.fatwheels.com](www.fatwheels.com) Rear training wheels for older children to adults

**Adapted Ice Sleds** Unique Inventions, Inc. [http://www.uniqueinventionsinc.com](http://www.uniqueinventionsinc.com)

**Adapted Snow Sleds** Flaghouse [www.flaghouse.com/Snow-Coach-item-39462](www.flaghouse.com/Snow-Coach-item-39462)

**Beach Wheelchairs**
[http://www.vipamat.com](http://www.vipamat.com)

**Adapted Playground Swings**
[www.bluegrassplaygrounds.com/swings-ADA-swings.htm](www.bluegrassplaygrounds.com/swings-ADA-swings.htm)
[www.aaastateofplay.com/adaptive-swing-seat/](www.aaastateofplay.com/adaptive-swing-seat/)