



Physical Activity and Recreational Resource Guide: Massachusetts

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

Updated June 2011

Introduction

Community-based sports and recreation activities are beneficial to children on many levels. They provide children with an opportunity to make friends, to exercise and to improve fitness and to increase self esteem. This Physical Activity and Recreation Resource Guide provides a sample of programs and opportunities that we are aware of primarily in Massachusetts (some New England area). This Guide was developed in 2005 and most recently updated in June 2011. If you know of other recreation programs that should be included in this Guide please contact Maria Fragala-Pinkham at mfragala@fhfc.org or (617) 254-3800 x 2280.

Thanks to the following individuals who have contributed to the development of this Guide: Rachel Buonopane, PT; Shelley Goodgold, PT; Jennifer Cardella, OT; Megan Boyce, OT; Christine Peters, OT. The development of this resource guide 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 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 the pier at Spaulding Rehabilitation Hospital and at Mass Hospital School in Canton. Programs are held at Oak Square YMCA throughout the year.

Adaptive Me and My Teammate (Burbank YMCA/Reading):

www.ymcaboston.org/main/programs/sports/youth_sports/adaptive_me_and_my_teammate/
Contact Info: (781) 944-9622; 36 Arthur B. Lord Drive, Reading, MA 01867
Children with special needs play sports and games with their parent or guardian.

All Abilities Active (Oak Square YMCA in Brighton): Contact Heidi Stanish at 617 287 7465 or heidi.stanish@umb.edu Adapted physical activity program for children with physical, intellectual or sensory disabilities. Run by trained exercise science and health science students from UMass Boston. The program include games, sports, and exercises that aim to develop motor skills and fitness. For children ages 7-11, program is on Fridays from 4-5 and for youth ages 12 -16 on Friday from 5-6. The program is free and is funded by the Shriver Center LEND program.

Boston Centers for Youth and Families: www.cityofboston.gov/BCYF/N.I.C.E. (Nurturing Inclusion thru Community Engagement)

Program for Boston residents with disabilities ages 8-22. The program provides structured weekly opportunities on Saturdays for participants and their families to make new friends, have fun, learn and grow. The program is held at the following locations:

Blackstone Community Center 50 W. Brookline Street Boston, MA 02118 (617) 635-5162	Curtis Hall Community Center 20 South Street Jamaica Plain, MA 02130 (617) 635-5193	Paris Street Community Center 112 Paris Street East Boston, MA 02128 (617) 635-5125
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Children's Physical Developmental Clinic (Bridgewater State College):

www.bridgew.edu/cpdc/ Contact Info:(508) 531-1776 Mon-Fri 8:30-5 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. Held on Saturday mornings and the program runs on 8-week sessions.

GymStreet, Adaptive Fitness : www.gymstreetusa.com/gymnastics.htm#Adaptive

Contact Info: Alex Parson: alex@gymstreetusa.com Main Street, 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.

Jewish Community Centers of Greater Boston: [jccgb.org/special needs](http://jccgb.org/special%20needs) or jccgb.org/camps. Contact Judy Pearl, Special Needs Services at 617 558-6508 or specialneeds@jccgb.org. 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.

Kartwheels in Motion, Inc: www.kartwheels.org Contact Info: Jeannie Watson: (781) 893-6516; 526 North Avenue, Weston, MA 02493
A nonprofit recreational activity program for children with developmental and physical challenges in the MetroWest region.

Kids in Disability Sports (K.I.D.S.): www.kidsindisabilitysports.com 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, and track and field.

Massachusetts Hospital School Recreation Department:
<http://www.mhsf.us/programs/recreation> Contact Dick Cristafulli, Director of Recreation, Athletics and 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, skiing, therapeutic riding and animal care.

Massachusetts Department of Recreation Universal Access Program:
www.mass.gov/dcr/universal_access Contact Info: (413) 545-5353 or (413) 577-2200 TTY Offers a number of recreational activities for children 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. Visit the website for helpful links and up to date scheduling.

Outdoor Explorations: www.outdoorexpl.org Contact Info: (781) 395-4999;
An outdoor education provider in New England that designs programs for people of all ages with and without disabilities. The organization works to challenge perceptions and change the lives of people with and without disabilities through outdoor activities. Programs include one day clinics and multi-day overnight trips with activities such as kayaking, backpacking, sailing, rock climbing, whitewater rafting, snowshoeing, and community service. There are also programs designed for families, including camping, snowshoeing, and hiking.

The ARC of East Middlesex:

<http://emarc.recdesk.com/recdeskportal/ContactStaff/tabid/685/Default.aspx> Contact info: (781) 942-4888 or Rec@theemarc.org Non-profit organization serving children 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 groups, and creative movement groups, among others. Programs typically run 6-8 weeks.

Special Olympics of Massachusetts: www.specialolympicsma.org Contact Info: Phone: 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 | * fishing | * snowboarding |
| * aquatics | * floor hockey | * speed-skating |
| * athletics | * golf | * soccer |
| * basketball | * gymnastics | * softball |
| * bocce | * horseshoes | * tennis |
| * bowling- ten pin | * Nordic skiing | * volleyball |
| * bowling- candlepin | * powerlifting | |
| * cycling | * race walking | |
| * equestrian | * roller-skating | |
| * figure skating | * sailing | |

Waypoint Adventure: Contact info: www.waypointadventure.org 781-454-5297 or 276-608-5351. Check out the blog on Facebook waypointadventure.blogspot.com This program provides adapted adventures for people of all abilities. They custom tailor the programs and activities according to the individuals needs. Types of adventures include: day hiking, backpacking, snowshoeing, kayaking, canoeing, and rope climbing.

BASEBALL

Massachusetts Little League- Challenger program:

www.eteamz.com/massll/news/index.cfm?cat=383939 The Challenger Division offers boys and girls with disabilities, ages 5 to 18 (or the completion of high school), the opportunity to participate in an organized baseball program. The most fundamental 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 This non-profit organization providing children with both intellectual and physical challenges the opportunity to play baseball. Each child is paired with a "buddy" who helps them play the game. Games are played in Boxborough, MA.

ICE SKATING

Franciscan Hospital Adapted Ice Skating Program: Contact Info: Maria Fragala-Pinkham, PT (mfragala@fhfc.org or 617 254-3800 x2280) The goals of this adapted ice skating program are for children to enjoy their experience on the ice and 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 (September 14th to November 16th).

SOCCER

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

A soccer program for children with disabilities. Programs typically last between 6-8 weeks. Twenty seven 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.

TENNIS

ACEing Autism: www.aceingautism.com Contact Info: aceingautism@gmail.com; 29 Redlands Road, West Roxbury, MA 02132

A nonprofit organization providing tennis clinics for children with autism. Clinics are held in the fall and spring at the Longfellow Club, Wayland and the Weymouth Club.

ADAPTED ALPINE SKIING

Ability Plus, Inc: www.abilityplus.org/

This organization works with thousands of individuals with disabilities and their families at eight mountain resorts in the northeast. The goal of the program is to eliminate the barriers that prevent athletes with disabilities from participating in mainstream sports and recreation activities.

Gunstock Gilford, NH Contact Info: Nancy Ripley (603) 293-4341 x 165 gunstock@abilityplus.org	Stowe Stowe, VT Contact Info: Cynthia Needham (800) 253-4754 x 3681 stowe@abilityplus.org
Attitash and Wildcat Mountains Bartlett and Jackson, NH (603) 374-2688 attitash@abilityplus.org	Mt. Snow Mt. Snow, VT Contact Info: Sue Tatem (802) 464-1100 x 4699 mountsnow@abilityplus.org
Waterville Valley Waterville, NH Contact Info: Jim Wall (603) 236-8311 x 3175 waterville@abilityplus.org	
Wachusett Mountain Princeton, MA Contact Info: Ric Patrick (978) 464-2300 x 3308 wachusett@abilityplus.org	Nashoba Valley Westford, MA Contact Info: Al Bevington (978) 692-3033 nashoba@abilityplus.org

Other Ski Programs:

Loon Mountain Lincoln, NH (603) 745-6281 x5663 info@NEDisabledSports.org	Bretton Woods Ski Area Bretton Woods, NH (603) 278-3398 Adapted skiing and other recreation (4 season program) www.brettonwoodsadaptive.org/
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THERAPEUTIC HORSEBACK RIDING

Therapeutic riding may assist with improving a child's self-esteem, balance, posture, strength and flexibility. The **North American Riding for the Handicapped Association** (www.narha.org) and the Equine Site Therapeutic Riding website provide information on therapeutic riding. (<http://www.equinesite.com/therapyride.htm#Massachusetts>)

**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 raucher6@charter.net	Dr. Franklin Perkins School: Rein In A Dream Program* : Cherie Ansin 971 Main St Lancaster, MA 01523 978-368-4804 cansin@perkinschool.org www.perkinschool.org/thPrograms.htm
Briggs Stable, LLP Erin Wiggins 623 Hanover St Hanover, MA 02339-2157 (781) 826-3191 www.briggsstable.com	ElfnWood Stables, Inc. PO Box 877 West Barnstable, MA 02668 (508) 420-0373 www.bluepony.com
Can Do Equestrians, LLC Patrice Nowak* P.O. Box 11 Rutland, MA 01543 (508) 450-4263 patrice_nowak@yahoo.com	Equus Therapeutic, Inc. 651 Henderson Road Williamstown, MA 01267 (413) 458-8427 lhgross@adelphia.net www.equustherapeutic.org/
Challenge Unlimited, Inc. & Ironstone Therapy @Ironstone Farm 450 Lowell Street Andover, MA 01810 (978) 475-4056 www.challengeunlimited.org Info@ChallengeUnlimited.org	Flying High Farm: Animal Assisted Psychotherapy Christine Randle* 615 Leominster Rd Lunenburg, MA 01462 (978) 582-7103 christine@flyinghighfarm.com www.flyinghighfarm.com
Dare To Dream Educational Farm Programs, Inc.* : Sandra Whitmore 16 Daniel Shays Hwy Orange, MA 01364 (978) 575-0341 sandy@crimsonacres.org www.crimsonacres.org/dream.html	Forge Works Farm, LLC Christine Mahan 21 Campbell Court Rutland, MA 01543 (508) 886-2002 chrismahan@charter.net www.forgeworks.net

Friends for Tomorrow, Inc.* Allie Dingman 131 Weston Rd Lincoln, MA 01773 (781) 259-8909 freindsfortomorrow@gmail.com www.friendsfortomorrow.org	Seapony Farm: Nantucket Therapeutic Equestrian Center, Inc. : Catherine Conte PO Box 23 21 Crooked Lane Nantucket, MA 02554 (508) 751-2850 cec378@aol.com ; www.seaponyfarm.com
Greener Pastures Cheri Patron 124 Proctor Rd Chelmsford, MA 01824 (978)-250-8484 flyingchange@comcast.net www.flyingchangestables.com	Pioneer Valley Therapeutic Riding Association* Patricia Barry PO Box 944 Belchertown, MA 01007 (413) 668-8260 http://www.pioneervalleystra.org/
Greenlock Therapeutic Riding Ctr* Edith Wislocki 55 Summer St Rehoboth, MA 02769 (508) 252-5814 greenlock1@tmlp.com www.greenlock.org	Prayers Answered Therapeutic Horsemanship Carrie Keese P.O. Box 175 Shirley, MA 01464 (978) 425-2725 cmksmiles@aol.com http://www.justhorses.com/ind/C5300.html
Handi Kids* Jane M. Pariseau 470 Pine St Bridgewater, MA 02324 (508) 697-7557 info@TheBridgeCtr.org http://www.thebridgectr.org/	Teaberry Knoll Academy of Therapeutic Riding, Inc.* : Roberta L. Delrosso 201 Miller St Seekonk, MA 02771 (508) 336-6555 TallyHo@teaberryknoll.com www.teaberryknoll.com/
Lovelane Special Needs Horseback Riding Program: Debby Sabin 40 Baker Bridge Road Lincoln, MA 01773 (781) 259-1177 debby@lovelane.org www.lovelane.org	BiNA FARM located in two locations Dana Hall School , Wellesley MA also a private farm in Sherborn , MA 508-479-6232 www.binafarm.org terry@binafarm.org
Tewksbury Hospital Equestrian Farm* 500 Livingston Street Tewksbury, MA 01876 (978) 851-5540 www.T-H-E-farm.org	Windrush Farm Therapeutic Equitation, Inc.* 30 Brookview Road Boxford, MA 01921 (978) 682-7855 wfte@windrushfarm.org www.windrushfarm.org
Therapeutic Equestrian Center, Inc Judith Zedonis 537 Northampton Street Holyoke, MA 01040 (413) 532-1462 www.equestriantherapy.org	Mass Hospital School 3 Randolph Street Canton, MA 02021 Indoor year round arena (781) 828-2440 www.mhsf.us/programs/equestrian
Therapeutic Riding at Breezy Hill* 583 Adams St. Holliston, MA 01746 (508) 429-6626; therapeutic@bhfhorses.com ; www.bhfhorses.com/therapeutic.htm	

ADAPTIVE SWIMMING AND AQUATIC THERAPY

Swimming is an excellent way to improve strength and endurance. Depending on how the movement activities are performed, the water can assist or resist movement. The following are some of the sites in Massachusetts that have programs for children with special needs.

*Aquatic Therapy – programs in which a registered physical or occupational therapist provides individualized aquatic therapy sessions.

Andover	Andover/North Andover YMCA Andover, MA (978) 685-3541	Natick	Wellesley S.T.A.R.S. Swim program January – June Team competes in Special Olympics Contact: Karen Bernardo Kcbernard2@aol.com
Boston	Artesani Playground Wading Pool 1255 Soldiers Field Rd 781- 438-1388	Reading	Burbank YMCA: Adapted aquatics programs offered through the ARC of East Middlesex www.theemarc.org (781) 942-4888 or Rec@theemarc.org
Brighton	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 (Private lessons with specialized instructors or integrated lessons)	Waltham	Fernald School's Greene Pool 200 Trapelo Road Waltham, MA 02154 (781) 894-3600 Boston Sports Club for Kids Waltham, MA (781) 522-2262(integrated) Waltham YMCA 725 Lexington Street Waltham, MA 02154 (781) 894-5295
Canton	Massachusetts Hospital School Canton, MA 781)-830-8751	South- bridge	Tri-Community YMCA Southbridge, MA (508) 765-5466 Adapted Aquatics
Framing- ham	Suburban Athletic Club Framingham, MA (508) 879-6544 (integrated)	Sudbury	Atkinson Pool Sudbury, MA (978) 443-1092
Hanover	Healthtrax Hanover, MA (781) 826-1300(integrated)	Quincy	South Shore YMCA Quincy, MA (617) 479-8500
Lowell	Greater Lowell Family YMCA 35 YMCA Drive Lowell, MA 01852 greaterlowellymca.tripod.com/ (Adaptive Aquatics)	West Roxbury	Draper Pool West Roxbury, MA (617) 635-5021
Marble- Head	Jewish Community Center www.jccns.com 781-631-8330	MA	Accessible public Pools www.mass.gov/dcr/universal_access/a-pool.htm

DANCE

Dance is a wonderful way for your child to experience movement, make friends, and improve flexibility, strength, balance, coordination and endurance. Dancing can be performed in a structured environment of a dance studio or casually with a group of friends. Call a local dance studio and discuss your child's skill level and accommodations that are needed.

Boston Ballet / Children's Hospital, Boston: Adaptive Dance Program:

www.bostonballet.org/community/adaptive-dance.html Contact: vburgman@bostonballet.org (617) 456-6359

Program designed for children with Down syndrome to learn movement, creativity, and focus skills. Program starts in September and March. Studios in Boston, Newton, Marblehead, and Hanover.

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 with over 10 years of experience running this program.

MARTIAL ARTS

Martial arts challenge a child both physically and mentally. Martial arts can encourage balance and body awareness through specific body movements and can also help with improving or maintaining strength, flexibility, balance, agility and coordination. Martial arts also require a high level of discipline, which may be beneficial for children with behavioral difficulties. Call a local gym or martial arts center and discuss your child's skill level and needs to see if they can accommodate for your child's needs. For some children it may be helpful to start with a private lesson to get them up to speed on the class routines. Others may benefit from semiprivate or small group sessions. Your child's physical therapist may be able to talk to the martial arts center and assist the instructor in adapting the activities so that they are suitable for your child. The following are a few of the sites in MA that have experience including children with special needs in their programs:

Toyko Joe's Studio of Self Defense 499 Trapelo Road Belmont, MA 02478 (617) 484-4350 www.shotokansites.com/tjssd/index.cfm?	New England Small Circle Jujitsu Academy 2 Merrill Street Woburn, MA (781) 932-9366 www.leaguelineup.com/welcome.asp?url=jujitsudefense	Giorgio's Health and Fitness Connection Chiswick Park 31 Union Avenue Sudbury, MA (978) 440-8531 www.giorgiofit.com/ www.giorgiofit.com/programs.php (Martial arts, sports conditioning, and DanceFit for Kids)
One Step Beyond 1231 Hyde Park Avenue Hyde Park, MA 02136 (617) 364-9563 www.osbkarate.com/	Guard Up, Inc. Burlington, MA (781) 270-4800 (Also offers fencing) http://guardup.com/	

BOATING AND ROWING

Community Boating Inc.: www.community-boating.org/programs/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 to get in and out of boats, and sailing instruction are available.

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 formally **Shake-A-Leg Sailing Program** <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/dcr/universal_access/a-boat.htm

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 PROGRAM

Loose the Training Wheels: Contact Information: <http://losethetrainingwheels.org> The mission of Lose The Training Wheels™ 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.

Franciscan Hospital for Children Adapted Bike Camp: June 27th – July 1st, 2011

Program is for school-aged children with special needs who cannot ride a typical bicycle but would like to learn how to ride an adapted bicycle. Contact: Maria (mfragala@fhfc.org) or 617 254 3800 x2280

Northeast Rehabilitation Hospital: www.northeastrehab.com/pediatrics/index.htm

603-893-2900 ext. 3230 Outpatient Pediatric Clinics offer Amtryke tricycle evaluations and summer camp programs.

PARKS, TRAILS, AND BEACHES

Massachusetts Department of Conservation and Recreation – Universal Access Program

Accessible trails listed on the website: www.mass.gov/dcr/universal_access/a-trail.htm

Accessible beaches with beach wheelchairs available listed on the website:

www.mass.gov/dcr/universal_access/a-swim.htm

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

Arlington/ Bedford	Minuteman Bikeway	Length: 10.5 mi
Boston Back Bay to Jamaica Plain	Southwest Corridor Park	Length: 4mi
Cape Cod Dennis to South Wellfleet	Cape Cod Rail Trail	Length: 22 mi
Cambridge/ Somerville	Alewife Linear Park	Length: 1.1 mi
Davis Square to Cedar Street	Somerville Community Path	Length: 0.75 mi
Easthampton/ Mt. Tom Junction	Manhan Rail Trail	Length: 4.2 mi
Falmouth/ Woods Hole	Shining Sea Bikeway	Length: 4 mi
Lanesborough/Adams (Rt.8)	Ashuwillticook Rail Trail	Length: 11 mi
Lowell	Lowell Canal System Trails	Length: 2.5 mi
Marlborough/ Hudson/ Maynard	Assabet River Rail Trail	Length: 1.85 mi
Milton/Dorchester	Neposet Trail	Length: 2.5 mi
Nashua Ayer to Hollis	Nashua River Rail	Length: 12.3 mi
Northampton/Florence	Northampton Bikeway	Length: 2.6 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. Please 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 \$25, plus a cash-only deposit of \$5 (refunded upon return of the EZ Cart).

SUMMER CAMP RESOURCES

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.

Camp Joy: <http://www.cityofboston.gov/bcyf/campjoy.asp> Camp Joy is a summer camp through B.C.Y.F. for Boston residents with disabilities ages 3 to 22 years. The camp provides structured, daily opportunities for participants to make new friends, have fun, learn and grow during the summer months.

Camp Shriver at UMass Boston: Contact info: Karen Friedman 617 287-7276 karen.friedman@umb.edu <http://www.csde.umb.edu/shriver.html> Sports-oriented inclusive summer day camp for Boston-area children with and without intellectual and developmental disabilities.

Easter Seals Massachusetts:

http://ma.easterseals.com/site/PageServer?pagename=MADR_camp Contact Info: camp@eastersealsma.org For, 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.

Federation for Children with Special Needs: fcsn.org/summercamps/index.php Summer Fun 2010 Directory with camp listings (free PDF, \$7 for book)

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

OTHER RECREATION/SPORTS CONTACTS

Partners for Youth with Disabilities: Making Healthy Connections:

<http://www.pyd.org/mhc> Interactive discussions and recreational activities for adolescents and youth with disabilities (ages 14-22 years). In Lawrence area contact: Deep Chinappa (617) 556-4075 x20 or dchinappa@pyd.org In Springfield area contact: Susan Nicastro (413) 584-0455 snicastro@pyd.org.

Child and Family's Disability Resource Program:

<http://www.chd.org/index.php/disability-resources.html> Contact Info: chdinfo@chd.org (413) 788-9695 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.

New England Wheelchair Athletic Association: 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; 1640 W. Roosevelt Road, Chicago, IL 60608

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: See websites below for more information about a variety of adapted bicycles/tricycles. For more information, discuss types of bikes and accessories with your child's physical or occupational therapist who will know your child's abilities and needs for specific bike adaptations.

www.freedomconcepts.com

www.ambucs.org/amtryke/

www.haverich.com

www.bike-on.com

www.billdarbydesign.com

www.frankmobility.com

www.rifton.com (See Rifton Adaptive Tricycle)

www.flaghouse.com (See section on adapted tricycle accessories)

www.adaptivemall.com (See section on adapted tricycles)

www.walmart.com/ip/Schwinn-Meridian-Tricycle/5679542 Adult sized tricycle

www.quickie-wheelchairs.com/products/Quickie-Shark-3093.html Recumbent handcycle

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

Adapted Ice Sleds

Unique Inventions, Inc http://web.mac.com/uniqueinventions/unique_inventions/Home.html

Adapted Snow Sled

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