



# Physical Activity and Recreational Resource Guide: Massachusetts

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

Updated August 2013

## Introduction

Community-based sports and 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 Physical Activity and Recreation Resource 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](mailto:mfragala@fhfc.org) or (617) 254-3800 dial 1 at prompt then x2280.

This Guide was originally developed in 2005 and is updated periodically. This version of the Guide was updated in June 2013 with assistance from Zoe Zaferiou. A few new programs were added in August. For the most up to date version of this Guide, please refer to a hot link on this website:

<http://www.franciscanhospital.org/Home/ProgramsServices/ResearchCenter/page.aspx/1043>

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 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**

**AccessSport America:** [www.accessportamerica.org](http://www.accessportamerica.org) Contact Info: (866) 457-7678 or (978) 264-0985; [betty@AccessSportAmerica.org](mailto: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 Reservoir Pond in Canton. Programs are held at Oak Square YMCA in Brighton throughout the year.

**Adaptive Me and My Teammate (Burbank YMCA/Reading):** [www.ymcaboston.org](http://www.ymcaboston.org)  
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 Out Adventures** <http://www.alloutadventures.org/>  
Contact: (413) 527-8980; [info@alloutadventures.org](mailto:info@alloutadventures.org); 184 Northampton Street, Suite H Easthampton, MA 01027. 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 include snowshoeing, x-country skiing & sit-skiing, ice skating, sled skating and snowmobile rides.

**CapeABLE Adventures:** <http://www.capeableadventures.org/index.html>  
Contact: 508-566-3298 or email [cmbautz@capeableadventures.org](mailto:cmbautz@capeableadventures.org) 51 Chipman Road, Sandwich, MA 02563 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 or email [info@capecodchallenger.org](mailto:info@capecodchallenger.org) 418 Bumps River Road Osterville, MA 02655. The emphasis of the organization's programs and activities is placed on active participation in a supportive and encouraging, fun, safe and non-competitive environment. Programs are offered during typical school vacation times as well as during the summer. Activities 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- 4:30pm 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. Held on Saturday mornings and the program runs on 8-week sessions.

**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 sensory needs of the individual.

**GymStreet, Adaptive Fitness:** [www.gymstreetusa.com/gymnastics.htm#Adaptive](http://www.gymstreetusa.com/gymnastics.htm#Adaptive)

Contact Info: (978) 694-9678 or email [gymstreet@gymstreetusa.com](mailto:gymstreet@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.

**Journey Forward** Contact Info: [info@Journey-Forward.org](mailto:info@Journey-Forward.org) (781) 828-3233755 Dedham Street Canton, MA 02021 [www.journey-forward.org](http://www.journey-forward.org)

Exercise based program staffed designed 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:**

[www.bostonjcc.org/Interests/Special-Needs.aspx](http://www.bostonjcc.org/Interests/Special-Needs.aspx) or [jccb.org/camps](http://jccb.org/camps). Contact: Special Needs Services at 617 558-6508 or [specialneeds@jccgb.org](mailto: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.

**JF&CS Sunday Respite Program:** For children with developmental disabilities including those on the Autism Spectrum. Program includes swimming, music and art therapy. The program meets at the Striar JCC in Stoughton from 1:00-4:00. For specific dates and registration information, contact Doreen Cummings (781) 693-5023 [awillinsky@jfcscboston.org](mailto:awillinsky@jfcscboston.org)

**Kartwheels in Motion, Inc:** [www.kartwheels.org](http://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.):** <http://www.kidsinc.us/index.html> Contact Info: (866) 712-7799; [info@kidsinc.us](mailto: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:**

[www.mass.gov/dcr/universal\\_access](http://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.

**Northeast ARC:** <http://www.ne-arc.org/familyservices/recreation.htm> Contact Info: Recreation Department at 978-624-2308 or [recreation@ne-arc.org](mailto:recreation@ne-arc.org) Organization serving children, youth and adults with or at risk of developing disabilities and their families. Recreation programs include bowling, swimming, creative movement and fitness fun, dances and other outings. Fees vary according to activities.

**The ARC of East Middlesex:**

<http://emarc.recdesk.com/recdeskportal/ContactStaff/tabid/685/Default.aspx> Contact info: (781) 942-4888 or [Rec@theemarc.org](mailto: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.

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

Contact: 508-381-1231 or email Tina Perriello at [tina@senseabilitygym.com](mailto:tina@senseabilitygym.com)  
8 Charlesview Road, Unit 4 Hopedale, Massachusetts  
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: Mary Patstone, Director, 877.976.SASC (7272) or [mpatstone@partners.org](mailto:mpatstone@partners.org) Adaptive sports programs in Boston, North Shore, and Cape Cod including rowing, sailing, kayaking, cycling. The programs run May-October.

**Sudbury Parks and Recreation Department:** [www.inclusive.sudbury.ma.us](http://www.inclusive.sudbury.ma.us) Contact

info: (978) 639-3257 or email [inclusive@sudbury.ma.us](mailto:inclusive@sudbury.ma.us) This adaptive sports and recreation program 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, stress reduction, adaptive tae kwon do, adaptive dance, and more. They also have an inclusive summer camp program for kids entering K-5. Programs are directed by Anna Woods, MS, Certified Therapeutic Recreation Specialist and Adaptive Sports & Recreation Specialist. *Programs are open to Sudbury residents and non-residents.*

**Special Olympics of Massachusetts:** [www.specialolympicsma.org](http://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](http://www.waypointadventure.org) Contact info: 781-454-5297 or 276-608-5351. Check out the blog at [waypointadventure.blogspot.com](http://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.

**WholeChildren:** <http://www.wholechildren.org>

Offers movement, art, recreation and music programs for infants, children and teens of all abilities. Located in Hadley. Contact info: (413) 585-8010 or email [info@wholechildren.org](mailto:info@wholechildren.org)

## **BASEBALL**

**Massachusetts Little League- Challenger program:**

[www.eteamz.com/massll/news/index.cfm?cat=383939](http://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](http://www.miracleleagueofma.com) Contact Info: Lauren Richardt (978) 263-3043 or (978) 430-8914 (cell); [miracleleagueofma@yahoo.com](mailto:miracleleagueofma@yahoo.com)

This non-profit organization provides 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.

**SHARK Baseball camp at Franciscan Hospital for Children:** One week camp for school-aged children with special needs to learn how to play baseball or improve their fielding, batting, and running skills. Held during the summer at Franciscan Hospital campus in Brighton. Dates for Summer 2014 – to be determined. Contact: Maria Fragala-Pinkham ([mfragala@fhfc.org](mailto:mfragala@fhfc.org))

## **ICE SKATING**

**Franciscan Hospital Adapted Ice Skating Program:** Contact Info: Maria Fragala-Pinkham, PT [mfragala@fhfc.org](mailto:mfragala@fhfc.org) or 617 254-3800 x12280 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 starting in September.

**Jack Kirrane Ice Skating Rink at Larz Anderson Park, Brookline.** Town of Brookline Recreation Department. It is an outdoor rink which is open from November 26<sup>th</sup> – March (weather dependent). In the past they have adapted skating lessons on Sunday mornings. They have skate walkers and sleds available. For more information please check website. [https://www.brooklinema.gov/index.php?option=com\\_content&view=article&id=375&Itemid=875](https://www.brooklinema.gov/index.php?option=com_content&view=article&id=375&Itemid=875)

## **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.

**Super Soccer Stars Shine** [boston.supersoccerstars.com](http://boston.supersoccerstars.com) is a unique program that uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities including, but not limited to, Autism Spectrum Disorders, Down syndrome, ADHD and PDD-NOS. 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 -- all while having a blast! Contact:(781) 777-7171 or email [boston@supersoccerstars.com](mailto:boston@supersoccerstars.com) for class offerings throughout the Greater Boston area!

## **TENNIS**

**ACEing Autism:** [www.aceingautism.com](http://www.aceingautism.com) Contact Info: [aceingautismboston@gmail.com](mailto:aceingautismboston@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/](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 [lstokinger@abilityplus.org](mailto:lstokinger@abilityplus.org)

**Mt. Snow** Mt. Snow, VT Contact Info: Sue Tatem(800) 287-8415 x103 [statem@abilityplus.org](mailto:statem@abilityplus.org)

**Stowe** Stowe, VT Contact info: Cynthia Needham (800) 253-4754 x3681 [info@stowedaptive.org](mailto:info@stowedaptive.org)

**Other Ski Programs:**

**Loon Mountain** Lincoln, NH  
(603) 745-9333  
info@NEDisabledSports.org  
<http://www.loonmtn.com/info/winter/adaptive.aspx>

**Bretton Woods Ski Area** Bretton Woods, NH  
(603) 278-3398  
[info@brettonwoodsadaptive.org](mailto:info@brettonwoodsadaptive.org)  
Adapted skiing and other recreation (4 season program)  
[www.brettonwoodsadaptive.org/](http://www.brettonwoodsadaptive.org/)

**Mount Sunapee**

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

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

**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](http://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*

<p><b>Animals for Healing at Legacy Farm</b> Geraldine O'Connor Raucher 26 Strong St Easthampton, MA 01027 (413) 527-4705 <a href="mailto:raucher6@charter.net">raucher6@charter.net</a></p>	<p><b>Dr. Franklin Perkins School: Rein In A Dream Program*:</b> Cherie Ansin 971 Main St Lancaster, MA 01523 978-365-7376 <a href="mailto:cansin@perkinschool.org">cansin@perkinschool.org</a> <a href="http://www.perkinschool.org/thPrograms.htm">www.perkinschool.org/thPrograms.htm</a></p>
<p><b>Briggs Stable, LLP</b> Erin Wiggin 623 Hanover St Hanover, MA 02339-2157 (781) 826-3191 <a href="http://www.briggsstable.com">www.briggsstable.com</a></p>	<p><b>ElfnWood Stables, Inc.</b> PO Box 877 East Falmouth, MA 02536 (508) 540-6183 <a href="http://www.bluepony.com">www.bluepony.com</a></p>
<p><b>Can Do Equestrians, LLC</b> Patrice Nowak* P.O. Box 11 Rutland, MA 01543 (508) 450-4263 <a href="mailto:patrice_nowak@yahoo.com">patrice_nowak@yahoo.com</a></p>	<p><b>Equus Therapeutic, Inc.</b> 651 Henderson Road Williamstown, MA 01267 (413) 458-8427 <a href="mailto:lhgross@adelphia.net">lhgross@adelphia.net</a> <a href="http://www.equustherapeutic.org/">www.equustherapeutic.org/</a></p>
<p><b>Challenge Unlimited, Inc. &amp; Ironstone Therapy @ Ironstone Farm</b> 450 Lowell Street Andover, MA 01810 (978) 475-4056 <a href="http://www.challengeunlimited.org">www.challengeunlimited.org</a> <a href="mailto:Info@ChallengeUnlimited.org">Info@ChallengeUnlimited.org</a></p>	<p><b>Flying High Farm: Animal Assisted Psychotherapy</b> Christine Randle* 615 Leominster Rd Lunenburg, MA 01462 (978) 582-7103 <a href="mailto:crandle@flyinghighfarm.com">crandle@flyinghighfarm.com</a> <a href="http://www.flyinghighfarm.com">www.flyinghighfarm.com</a></p>



<p><b>Dare To Dream Educational Farm Programs, Inc.*</b> : Sandra Whitmore 16 Daniel Shays Hwy Orange, MA 01364 (978) 575-0341 <a href="mailto:sandy@crimsonacres.org">sandy@crimsonacres.org</a> <a href="http://crimsonacres.org/daretodream.htm">http://crimsonacres.org/daretodream.htm</a></p>	<p><b>Forge Works Farm, LLC</b> Christine Mahan 21 Campbell Court Rutland, MA 01543 (508) 886-2002 <a href="mailto:chrismahan@charter.net">chrismahan@charter.net</a> <a href="http://www.forgeworks.net">www.forgeworks.net</a></p>
<p><b>Friends for Tomorrow, Inc.*</b> Allie Dingman (781) 259-8909 131 Weston Rd Lincoln, MA 01773 <a href="mailto:freindsfortomorrow@gmail.com">freindsfortomorrow@gmail.com</a> <a href="http://www.friendsfortomorrow.org">www.friendsfortomorrow.org</a></p>	<p><b>Seapony Farm: Nantucket Therapeutic Equestrian Center, Inc.</b> : Catherine Conte PO Box 23 21 Crooked Lane Nantucket, MA 02554 (508) 751-2850 contact@seaponyfarm.com ; <a href="http://www.seaponyfarm.com">www.seaponyfarm.com</a></p>
<p><b>Greener Pastures</b> Cheri Patron 124 Proctor Rd Chelmsford, MA 01824 (978)-250-8484 <a href="mailto:flyingchange@comcast.net">flyingchange@comcast.net</a> <a href="http://www.flyingchangestables.com">www.flyingchangestables.com</a></p>	<p><b>Pioneer Valley Therapeutic Riding Association*</b> Patricia Barry PO Box 944 Belchertown, MA 01007 (413) 668-8260 <a href="http://www.pioneervalleytra.org/">http://www.pioneervalleytra.org/</a></p>
<p><b>Greenlock Therapeutic Riding Ctr*</b> Edith Wislocki 55 Summer St Rehoboth, MA 02769 (508) 252-5814 <a href="mailto:greenlock1@tmlp.com">greenlock1@tmlp.com</a> <a href="http://www.greenlock.org">www.greenlock.org</a></p>	<p><b>Prayers Answered Therapeutic Horsemanship</b> Carrie Keese P.O. Box 175 Shirley, MA 01464 (978) 425-2725 <a href="mailto:cmksmiles@aol.com">cmksmiles@aol.com</a> <a href="http://www.justhorses.com/ind/C5300.html">http://www.justhorses.com/ind/C5300.html</a></p>
<p><b>Handi Kids*</b> Jane M. Pariseau 470 Pine St Bridgewater, MA 02324 (508) 697-7557 <a href="mailto:info@TheBridgeCtr.org">info@TheBridgeCtr.org</a> <a href="http://www.thebridgectr.org/">http://www.thebridgectr.org/</a></p>	<p><b>Teaberry Knoll Academy of Therapeutic Riding, Inc.*</b> : Roberta L. Delrosso 201 Miller St Seekonk, MA 02771 (508) 336-6555 <a href="mailto:TallyHo@teaberryknoll.com">TallyHo@teaberryknoll.com</a> <a href="http://www.teaberryknoll.com/">www.teaberryknoll.com/</a></p>
<p><b>Lovelane Special Needs Horseback Riding Program:</b> Debby Sabin 40 Baker Bridge Road Lincoln, MA 01773 (781) 259-1177 <a href="mailto:debby@lovelane.org">debby@lovelane.org</a> <a href="http://www.lovelane.org">www.lovelane.org</a></p>	<p><b>BiNA FARM</b> located in two locations Dana Hall School , Wellesley, MA also a private farm in Sherborn, MA 508-479-6232 <a href="http://www.binafarm.org">www.binafarm.org</a> <a href="mailto:terry@binafarm.org">terry@binafarm.org</a></p>
<p><b>Tewksbury Hospital Equestrian Farm*</b> 500 Livingston Street Tewksbury, MA 01876 (978) 851-5540 <a href="http://www.T-H-E-farm.org">www.T-H-E-farm.org</a></p>	<p><b>Windrush Farm Therapeutic Equitation, Inc.*</b> 479 Lacy Street North Andover, MA 01845 (978) 682-7855 <a href="mailto:wfte@windrushfarm.org">wfte@windrushfarm.org</a> <a href="http://www.windrushfarm.org">www.windrushfarm.org</a></p>
<p><b>Therapeutic Equestrian Center, Inc</b> Judith Zedonis 537 Northampton Street Holyoke, MA 01040 (413) 532-1462 <a href="http://www.equestriantherapy.org">www.equestriantherapy.org</a></p>	<p><b>Mass Hospital School</b> 3 Randolph Street Canton, MA 02021 Indoor year round arena (781) 828-2440 <a href="http://www.mhsf.us/programs/equestrian">www.mhsf.us/programs/equestrian</a></p>

<b>Therapeutic Riding at Breezy Hill*</b> 583 Adams St. Holliston, MA 01746 (508) 429-6626 <a href="mailto:info@breezyhillfarm.com">info@breezyhillfarm.com</a> ; <a href="http://www.bhfhorses.com/therapeutic.htm">www.bhfhorses.com/therapeutic.htm</a>	<b>Pond Hollow Farm</b> Farm: 508-358-0855 22 Pequot Road Wayland, MA 01778 <a href="mailto:annemccoubreywilson@gmail.com">annemccoubreywilson@gmail.com</a>
<b>Tewksbury Hospital Equestrian Farm*</b> 500 Livingston Street Tewksbury, MA 01876 (978) 851-5540 <a href="http://www.T-H-E-farm.org">www.T-H-E-farm.org</a>	<b>Windrush Farm Therapeutic Equitation, Inc.*</b> 479 Lacy Street North Andover, MA 01845 (978) 682-7855 <a href="mailto:wfte@windrushfarm.org">wfte@windrushfarm.org</a> <a href="http://www.windrushfarm.org">www.windrushfarm.org</a>
<b>Therapeutic Equestrian Center, Inc</b> Judith Zedonis 537 Northampton Street Holyoke, MA 01040 (413) 532-1462 <a href="http://www.equestriantherapy.org">www.equestriantherapy.org</a>	<b>Mass Hospital School</b> 3 Randolph Street Canton, MA 02021 Indoor year round arena (781) 828-2440 <a href="http://www.mhsf.us/programs/equestrian">www.mhsf.us/programs/equestrian</a>
<b>Therapeutic Riding at Breezy Hill*</b> 583 Adams St. Holliston, MA 01746 (508) 429-6626 <a href="mailto:info@breezyhillfarm.com">info@breezyhillfarm.com</a> ; <a href="http://www.bhfhorses.com/therapeutic.htm">www.bhfhorses.com/therapeutic.htm</a>	<b>Pond Hollow Farm</b> Farm: 508-358-0855 22 Pequot Road Wayland, MA 01778 <a href="mailto:annemccoubreywilson@gmail.com">annemccoubreywilson@gmail.com</a>

### 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 PT or OT provides individualized sessions.

<b>Andover</b>	Andover/North Andover YMCA Andover, MA (978) 685-3541	<b>Natick Wellesley</b>	Wellesley S.T.A.R.S. Swim program. Team competes in Special Olympics. Contact: Karen Bernardo <a href="mailto:Karen@wellesleystars.org">Karen@wellesleystars.org</a>
<b>Boston</b>	Artesani Playground Wading Pool 1255 Soldiers Field Rd (617) 626-4973	<b>West Roxbury</b>	Draper Pool West Roxbury, MA (617) 635-5021
<b>Brighton</b>	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.ymcaboston.org">www.ymcaboston.org</a>	<b>Waltham</b>	Boston Sports Club for Kids Waltham, MA (781) 522-2512  Waltham YMCA 725 Lexington Street Waltham, MA 02154 (781) 894-5295
<b>Canton</b>	Massachusetts Hospital School	<b>South-</b>	Tri-Community YMCA

	Canton, MA (781) 828-2440	<b>Bridge</b>	Southbridge, MA (508) 765-5466 Adapted Aquatics
<b>Concord</b>	Diamond Physical Therapy Associates at Beede Swim & Fitness Center  <a href="http://www.diamondphysicaltherapy.com">www.diamondphysicaltherapy.com</a> (617) 803-8730	<b>Sudbury</b>	Diamond Physical Therapy Associates Rugged Bear Plaza (617) 803-8730
<b>Hanover</b>	Healthtrax Hanover, MA Contact Lauren McGonagle 781-500-0281	<b>Hanover</b>	South Shore YMCA Hanover Branch (781) 829-8585
<b>Lowell</b>	Greater Lowell Family YMCA 35 YMCA Drive Lowell, MA 01852 <a href="http://greaterlowellymca.tripod.com/">greaterlowellymca.tripod.com/</a>	<b>Reading</b>	Burbank YMCA: Adapted aquatics programs offered through the ARC of East Middlesex <a href="mailto:Rec@theemarc.org">Rec@theemarc.org</a> <a href="http://www.theemarc.org">www.theemarc.org</a> (781) 942-4888
<b>Marble-Head</b>	Jewish Community Center <a href="http://www.jccns.com">www.jccns.com</a> (781) 631-8330	<b>MA</b>	Accessible public Pools <a href="http://www.mass.gov/dcr/universal_access/a-pool.htm">www.mass.gov/dcr/universal_access/a-pool.htm</a>

## **DANCE**

Dance is a wonderful way for children to experience movement 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 / Boston Children's Hospital Adaptive Dance Program:**

Contact: [ECI@bostonballet.org](mailto:ECI@bostonballet.org) or 617-456-6208 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. Studios in Boston and Newton. The program encourages improvement in coordination, balance, posture, focus, self-esteem, self-expression, social skills and musicality.

### **Performing Arts Center of MetroWest Dance Therapy Program:** [www.pacmetrowest.org](http://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.

## **MARTIAL ARTS**

Martial arts can encourage balance and body awareness and can also help with improving or maintaining strength, flexibility, 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 accommodations that are needed. 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 assist in adapting the activities so that they are suitable for your child. Sites recommended to us by parents as accommodating:

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

**New England Small Circle Jujitsu Academy:** 2 Merrill Street Woburn, MA (781) 932-9366  
[www.leaguelineup.com/welcome.asp?url=jujitsudefense](http://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/](http://www.giorgiofit.com/) (Martial arts, sports conditioning, DanceFit for Kids)

**Guard Up, Inc.** 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](http://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:** [www.communityrowing.org](http://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](mailto: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](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.

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

## **BICYCLING PROGRAMS**

**Franciscan Hospital for Children Adapted Bike Camp: Brighton, MA** 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. Dates for Summer 2014 to be determined. Contact: Maria Fragala-Pinkham [mfragala@fhfc.org](mailto:mfragala@fhfc.org)

**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](http://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](http://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](http://www.mass.gov/dcr/universal_access/a-swim.htm)

**Wheelchair Accessible Trails:** [www.trailink.com/stateactivity/ma-wheelchair-accessible-trails.aspx](http://www.trailink.com/stateactivity/ma-wheelchair-accessible-trails.aspx)

<b>Arlington/ Bedford</b>	Minuteman Bikeway	Length: 11 mi
<b>Boston</b> Back Bay to Jamaica Plain	Southwest Corridor Park	Length: 4.7 mi
<b>Cape Cod</b> Dennis to South Wellfleet	Cape Cod Rail Trail	Length: 22 mi
<b>Cambridge/ Somerville</b>	Alewife Linear Park	Length: 2 mi

Davis Square to Cedar Street	Somerville Community Path	Length: 0.75 mi
<b>Easthampton/ Mt. Tom Junction</b>	Manhan Rail Trail	Length: 9 mi
<b>Falmouth/ Woods Hole</b>	Shining Sea Bikeway Length	Length: 10.7 mi
<b>Lanesborough/Adams (Rt.8)</b>	Ashuwillticook Rail Trail	Length: 11.2 mi
<b>Lowell</b>	Lowell Canal System Trails	Length: 1.9 mi
<b>Marlborough/ Hudson/ Maynard</b>	Assabet River Rail Trail	Length: 5.6 mi
<b>Milton/Dorchester</b>	Neponset Trail	Length: 2.5 mi
<b>Nashua Ayer to Hollis</b>	Nashua River Rail	Length: 12.3 mi
<b>Northampton/Florence</b>	Norwotock Rail-Trail (Francis P. Ryan Section)	Length: 4.9 mi

**Roger Williams Park Zoo:** [www.rogerwilliamsparkzoo.org](http://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).

### ACCESSIBLE PLAYGROUNDS

<http://www.accessibleplayground.net/united-states/massachusetts/>  
[http://www.letkidsplay.com/ap\\_MA.html](http://www.letkidsplay.com/ap_MA.html)

### SUMMER CAMP RESOURCES

#### **American Camping Association of New England:**

<http://www.acanewengland.org/findacamp/index.htm> Contact Info: [camp@acanewengland.org](mailto: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:** [www.cityofboston.gov/BCYF/](http://www.cityofboston.gov/BCYF/)

**Camp Joy** - 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](mailto:Roberta.Smalls@cityofboston.gov)

**Camp Shriver at UMass Boston:** Contact info: Barbara Gildea at 617 287-7247 [barbara.gildea@umb.edu](mailto:barbara.gildea@umb.edu) <http://www.csde.umb.edu/shriver.html> 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:** Contact Info:

[http://ma.easterseals.com/site/PageServer?pagename=MADR\\_camp](http://ma.easterseals.com/site/PageServer?pagename=MADR_camp) 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](http://fcsn.org/summercamps/index.php)

Summer Fun 2010 Directory with camp listings (free PDF, \$7 for book)

**OTHER RECREATION/SPORTS CONTACTS**

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**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](mailto:dchinappa@pyd.org) In Springfield area contact: Susan Nicastro (413) 584-0455 [snicastro@pyd.org](mailto:snicastro@pyd.org).

**Child and Family's Disability Resource Program:**

<http://www.chd.org/index.php/disability-resources.html> 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.

**New England Wheelchair Athletic Association:** [www.newaa.org](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](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/> 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**

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**Adaptive Bicycles or Tricycles:** 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.

[www.freedomconcepts.com](http://www.freedomconcepts.com)

[www.ambucs.org/amtryke/](http://www.ambucs.org/amtryke/)

[www.haverich.com](http://www.haverich.com)

[www.bike-on.com](http://www.bike-on.com)

[www.billardarbydesign.com](http://www.billardarbydesign.com)

[www.frankmobility.com](http://www.frankmobility.com)

[www.rifton.com](http://www.rifton.com) (See Rifton Adaptive Tricycle)

[www.flaghouse.com](http://www.flaghouse.com) (See section on adapted tricycle accessories)

[www.adaptivemall.com](http://www.adaptivemall.com) (See section on adapted tricycles)

[www.walmart.com/ip/Schwinn-Meridian-Tricycle/5679542](http://www.walmart.com/ip/Schwinn-Meridian-Tricycle/5679542) Adult sized tricycle

[www.walmart.com/ip/Trifecta-Single-Adult-Folding-Tricycle/882975](http://www.walmart.com/ip/Trifecta-Single-Adult-Folding-Tricycle/882975) Adult sized tricycle - Trifecta

[www.walmart.com/ip/Port-O-Trike-3-Speed-Deluxe-Adult-Folding-Tricycle-Blue/2189247](http://www.walmart.com/ip/Port-O-Trike-3-Speed-Deluxe-Adult-Folding-Tricycle-Blue/2189247) - adult sized tricycle Port-O-Trike

[www.quickie-wheelchairs.com/products/Quickie-Shark-3093.html](http://www.quickie-wheelchairs.com/products/Quickie-Shark-3093.html) Recumbent hand cycles

[www.stabilizerwheels.com](http://www.stabilizerwheels.com) Rear training wheels for older children to adults

[www.fatwheels.com](http://www.fatwheels.com) Rear training wheels for older children to adults

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

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

### **Beach Wheelchairs**

[www.vipamat.com/usa/plage.htm](http://www.vipamat.com/usa/plage.htm)

[www.beachwheelchair.com](http://www.beachwheelchair.com)

[www.landeez.com](http://www.landeez.com)

### **Adapted Playground Swings**

[www.detailedplaypro.com/playground-equipment/commercial-playground-swings/handicapped-jenn-swing.htm](http://www.detailedplaypro.com/playground-equipment/commercial-playground-swings/handicapped-jenn-swing.htm)

[www.especialneeds.com/tfh-high-backed-swing-seats.html](http://www.especialneeds.com/tfh-high-backed-swing-seats.html)

[www.bluegrassplaygrounds.com/swings-ADA-swings.htm](http://www.bluegrassplaygrounds.com/swings-ADA-swings.htm)

[www.aaastateofplay.com/adaptive-swing-seat/](http://www.aaastateofplay.com/adaptive-swing-seat/)