

Physical Activity and Recreational Resource Guide: Massachusetts & New England

This is a reference list of organizations and programs providing physical activity opportunities for children with special needs.

Updated March 3, 2011
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Table of Contents

Introduction	2
Integrated/Adapted Sports and Recreation Programs	4
Therapeutic Horseback Riding	7
Hippotherapy	8
Adapted Snow Sports	9
Outdoor Activities	10
Adapted Swimming and Aquatic Therapy	11
Martial Arts	12
Dance	13
Yoga	14
Parks/Trails/Beaches	15
Summer Camp Resources	16
Other Recreation/Sports Contacts	18
Specialized Recreational Equipment	19

Introduction

Physical activity is beneficial to children of all ages and abilities. Research has shown that individuals with visual impairments are at a risk of health-related illnesses that are attributed to inactivity and low fitness, as well as a compromised quality of life. The components of health-related fitness are aerobic functioning (cardiovascular), muscular strength, endurance, body composition, and flexibility.

Many researchers have found that people with visual impairments who engage in regular physical activity are able to improve their fitness levels and even reach levels of fitness that are comparable to those of sighted people.

Individuals with visual impairments can and do benefit from physical activity programs; it is unfortunate that they are given few opportunities and little encouragement to do so.

Because of the importance of sports and recreational activity in the life of a child with visual impairment and/or other disabilities, we have compiled a guide to activities in Massachusetts and the New England area that have adapted sports or recreational activities suitable for a child with special needs.

This guide was developed in November 2010 for Perkins School for the Blind and contains sites and activities similar to those found in a guide for Franciscan Hospital for Children.

Reference:

Lieberman L, Byrne H, Mattern C, Watt C, Fernández-Vivó M. Health-related fitness of youths with visual impairments. *Journal of Visual Impairment & Blindness* [serial online]. June 2010;104(6):349-359. Available from: CINAHL with Full Text, Ipswich, MA. Accessed November 1, 2010.

Below is an excerpt taken from The National Center of Physical Activity and Disability (NCPAD):

Fitness for Individuals who are Visually Impaired, Blind, and Deafblind

By: Lauren J. Lieberman Ph.D.

Regular physical activity benefits both physical and psychological health, and reduces risk for heart disease, diabetes, high blood pressure, obesity, and stress-related illnesses (U.S. Dept of Health and Human Services, 1996). Although many people believe that children are naturally active, children in the United States did not engage in levels of activity sufficient to maintain adequate fitness (U.S. Dept of Health and Human Services, 1996), and percentages of overweight children were at an all time high (Nicklas, Webber, Johnson, Srinivasan, & Berenson, 1995; Sallis & Patrick, 1994). The literature clearly shows that regular physical activity and related lifestyle changes can significantly reduce premature all-cause death and disability, improve the quality of our lives and increase our chances for longevity in the population at large (U.S. Department of Health and Human Services, 1995). It would be presumed to benefit children who are visually impaired blind as well.

Children who are visually impaired, and blind consistently exhibited lower levels of fitness than sighted peers (Blessing, McCrimmon, Stoval, & Williford, 1993; Lieberman & McHugh, 2001; Skaggs & Hopper, 1996; Winnick & Short, 1985). Furthermore, for children who are blind, activities of daily living demand increased energy; and the need to be fit might be even greater (Buell, 1982). Other research has shown that children with disabilities including visual impairments are often neither fully socialized and not expected to pursue a full range of life options (Stein, 1996). Physical activity levels of children who are visually impaired and blind can be improved, therefore improving comfort and success of movement (Lancioni, Olivia, Bracalente, ten Hoopen, 1996; Lieberman, Butcher and Moak, 2001).

Reference:

The National Center on Physical Activity and Disability: http://www.ncpad.org/disability/fact_sheet.php?sheet=124

Integrated/Adapted Sports and Recreation Programs

Outdoor Explorations

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, hiking, and winter weekend.

Contact Information:

98 Winchester Street Medford, MA 02155

Phone: (781) 395-4999

Email: info@outdoorex.org

Website: <http://www.outdoorex.org>

AccesSport America

High Challenge Sports Program: Massachusetts

Offers adaptive windsurfing, Hawaiian outrigger canoeing, surfing, water-skiing, sailing, kayaking and rowing/sculling as well wall climbing, soccer, cycling and tennis. AccesSport America adapts and creates its own equipment including windsurfers, rowers, kayaks, and other watercraft. Depending on one's age or disability, a location and program can be recommended to best suit one's needs. For registration information, please call or e-mail Betty Miller, (978)264-0985 or e-mail Betty@AccesSportAmerica.org.

Locations:

Boston

Location: Pier, Spaulding Rehabilitation Hospital

Dates: May – October

Canton

Location: Reservoir Pond, Massachusetts Hospital School

Dates: June – August

Nantucket

Location: Jettie's Beach

Dates: June – August, Fridays

Contact Information:

119 High Street Acton, MA 01720

Phone: (866) 457-7678 / (978) 264-0985

Website: <http://www.accesssportamerica.org/participate/highchallengesports.html>



EMARC

Non-profit charitable corporation founded in 1954 and incorporated in 1957. It helps children and adults with developmental disabilities live, work and play in our communities. EMARC annually serves over 700 families from Everett, Lynn, Lynnfield, Malden, Medford, Melrose, North Reading, Reading, Saugus, Stoneham, Wakefield and surrounding communities. Programs typically run 6-8 weeks and have a fee.

Contact Information:

Phone: (781) 942-4888

Website: <http://www.themarc.org>

Children's Physical Developmental Clinic (Bridgewater State College)

The aim of the clinic program is to improve the "total development" of children with disabilities ages 18 months to 18 years old by enhancing vital physical, motor, and aquatic skills and patterns. In addition, the program stresses the improvement of children's self-esteem by strengthening emotional-social aspects of their personalities through successful involvement in play, recreation, and sport activities. Held on Saturday mornings. \$85/child for an 8 week session.

Contact Information: Sheila Campbell, Administrative Director

Phone: (508) 531-1776 Monday through Friday 8AM-5 PM

Email: scampbell@bridgew.edu

Websites: <http://www.bridgew.edu/cpdc/> http://www.bridgew.edu/CPDC/CPDC_Brochure.pdf

Kartwheels in Motion, Inc.

A physical activity program for children and young adolescents with developmental, physical, and cognitive challenges with sites located in Brighton and Waltham. Kartwheels' activities offer a safe and fun opportunity for a diverse population of children and young adolescents to benefit from the therapeutic effect of gym and pool recreation.

Contact Information:

Mailing Address: Kartwheels in Motion, Inc.
526 North Avenue
Weston, MA 02493

Phone: (781) 893-6516

Website: <http://www.kartwheels.org/index.html>



Kids in Disability Sports (K.I.D.S.)

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.

Contact Information:

Kids in Disability Sports, Inc. 220 Pawtucket Street Lowell, MA 01854

Phone: (866) 712-7799

Email: info@kidsinc.us

Little League Challenger Division

The Challenger Division was established in 1989 as a separate division of Little League to enable boys and girls with physical and mental challenges, ages 4-18, or up to age 22 if still enrolled in high school, to enjoy the game of baseball along with the millions of other children who participate in this sport worldwide. Today more than 30,000 children participate in more than 900 Challenger Divisions worldwide.

Contact Information:

Phone: Sam Ranck at 570-326-1921 ext.254

Email: challenger@LittleLeague.org

Massachusetts Little League

The following Massachusetts leagues currently host a Challenger program: Andover, Belchertown, Billerica, Braintree, Brookfield, Sunshine Village (Chicopee), Danvers, Hanover, Leominster, Lynn, Lexington, Middleboro, Malden West, Norwood, Peabody, Sandwich, Sudbury, Swansea, Tewksbury, Townshend, Wakefield, Jason Roberts (West Roxbury), Winthrop, Woburn, Worcester

Additional Information: <http://www.eteamz.com/massll/news/index.cfm?cat=383939>

Miracle League of Massachusetts

Non-profit organization that provides all children with the opportunity to play baseball in an organized non-competitive league at no cost to their families. Games are currently played in Boxborough, MA.

Contact Information:

Lauren Richardt

Email: miracleleagueofma@yahoo.com

Phone: (978) 263-3043 Cell: (978) 430-8914

Website: <http://www.miracleleagueofma.com/index.html>

Massachusetts Department of Recreation Universal Access Program

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.

Contact Information:

Phone: (413) 545-5353 or (413) 577-2200 TTY

Website: www.mass.gov/dcr/universal_access/index.htm

Project Adventure - Opening Doors

Opening Doors is a program designed to help children and youth with special health care needs and disabilities participate in inclusive recreation. Project Adventure matches adult volunteers (coaches) with children between the ages of 6 and 15 to meet at the YMCA and engage in games, sports and physical activities of the child's choice. The coaches' role is to assist the child as needed in the activity. Project Adventure is a great opportunity for children to be more physically active or play sports alongside their peers in the community.

Contact Information:

Kelly Horan, MPH

Institute for Community Inclusion

100 Morrissey Blvd

Boston, MA 02116

Phone: (857) 218-4319

Email: kelly.horan@childrens.harvard.edu

Website: http://openingdoorsforyouth.org/component/option,com_mojo/page_id,45/Itemid,13/&Itemid=13

TOP Soccer

The Outreach Program for Soccer is a community-based training and team placement program for young athletes with disabilities. It is organized by state youth soccer association volunteers. The TOPS program is designed to bring the opportunity of learning and playing soccer to any boy or girl with mental or physical disability.

Additional Information:

Email: specialprograms@mayouthsoccer.org

Website: <http://www.mayouthsoccer.org/topsoccer.aspx>

Special Olympics

<http://www.specialolympics.org/>



Therapeutic Horseback Riding



North American Riding for the Handicapped Association (NARHA)

NARHA was founded in 1969 as the North American Riding for the Handicapped Association to promote safe and effective therapeutic horseback riding throughout the United States and Canada. Today, NARHA has nearly 800 member centers and over 6,300 individual members in countries all over the world, who help and support more than 42,000 men, women and children with special needs each year through a variety of equine-assisted activity and therapy programs.

The following centers listed in the chart below all serve those with visual impairments, along with a variety of other disabilities in the state of Massachusetts.

Organization	Activities
Destiny's Ride PO Box 695 Lee, MA 01238 Phone: (413) 243-3332 jodieoconnell@destinysride.com www.destinysride.org	Equine Facilitated Experiential Learning, Grooming & Tacking, Ground Work, Recreational Riding, Therapeutic Riding
Forge Works Farm, LLC 21 Campbell Ct. Rutland, MA 01543-1616 Phone: (508) 886-2002 chrismahan@charter.net www.forgeworks.net	Grooming & Tacking, Ground Work, Therapeutic Riding, Vaulting/Interactive Vaulting, Veterans Programs, Vocational Training
Pioneer Valley Therapeutic Riding Association PO Box 944 Belchertown, MA 01007-0944 Phone: (413) 668-8260 p50barry@aol.com pvtra.org	Grooming & Tacking, Therapeutic Riding
Tewksbury Hospital Equestrian Farm PO Box 754 Tewksbury, MA 01876 Phone: (978) 851-5540 www.t-h-e-farm.org	Camps (Summer, Day, or Other), Competition (Special Olympic, Paralympics), Equine Facilitated Experiential Learning, Equine Facilitated Psychotherapy, Grooming & Tacking, Ground Work, Hippotherapy, Recreational Riding, Therapeutic Riding
The Bridge Center 470 Pine St Bridgewater, MA 02324-2112 Phone: (508) 697-7557 jpariseau@thebridgectr.org www.thebridgectr.org	Camps (Summer, Day, or Other), Competition (Special Olympic, Paralympics), Driving, Grooming & Tacking, Ground Work, Hippotherapy, Therapeutic Riding, Veterans Programs, Vocational Training
The Carriage Barn Equestrian Center 84 Birch Meadow Rd. Merrimac, MA 03858 Phone: (603) 378-0140 carriage-barn@comcast.net www.carriage-barn.com	Camps (Summer, Day, or Other), Driving, Equine Facilitated Psychotherapy, Grooming & Tacking, Hippotherapy, Recreational Riding, Therapeutic Riding, Veterans Programs, Vocational Training
Therapeutic Riding at Roberts Woods Farm 45 Art School Rd. Monterey, MA 01245 Phone: (413) 528-6188 ejheff1@peoplepc.com	Equine Facilitated Experiential Learning, Equine Facilitated Psychotherapy, Grooming & Tacking, Ground Work, Recreational Riding, Therapeutic Riding

For more information, please see the NARHA website: <http://www.narha.org/about-narha/about-narha>.



Hippotherapy/Equine-Assisted Therapy

Hippotherapy has been used for nearly 30 years in over 30 countries across the globe to treat children with cerebral palsy, multiple sclerosis, traumatic brain injury, developmental delays, muscular dystrophy, and sensory impairments. It is a form of therapy for children and adults provided by physical and occupational therapists. Hippotherapy utilizes a horse's movements to promote positive health benefits. The gait and cadence of the horse provides a slow, rhythmic and repetitive motion that mimics that of natural human reciprocal gait pattern that children and adults with disabilities lack.

The following sites offer Hippotherapy in Massachusetts. Some of the sites listed under the Therapeutic Horseback Riding section also offer Hippotherapy as well.

Facility	Contact Information
<p>Elfn Wood Stables</p>	<p>143 Currier Road East Falmouth, MA 02536 <u>Phone:</u> (508) 540-6183 <u>Email:</u> Elfnwoodstables@aol.com <u>URL:</u> http://www.elfnwood.org</p>
<p>Equus Therapeutic, Inc.</p>	<p>Lawrence Gross Jr. Oakhollow Farm 651 Henderson Road Williamstown, MA 01267 <u>Phone:</u> (413) 458-8427 <u>Email:</u> Ihgross@adelphi.net <u>URL:</u> http://www.equustherapeutic.org</p>
<p>Greenlock Therapeutic Riding Center</p>	<p>55 Summer Street Rehoboth, MA 02769 <u>Phone:</u> (508) 252-5814 <u>Email:</u> greenlock1@tmlp.com <u>URL:</u> http://www.greenlock.org</p>
<p>Handi Kids</p>	<p>470 Pine Street Bridgewater, MA 02324 <u>Phone:</u> (508) 697-7557 <u>Fax:</u> (508) 697-1529 <u>Email:</u> snorris@HandiKids.org <u>URL:</u> http://www.handikids.org</p>
<p>Ironstone Therapy at Ironstone Farm Organization: Challenge Unlimited Inc. and Ironstone Therapy, Inc.</p>	<p>450 Lowell Street Andover, MA 01810 <u>Phone:</u> (978) 475-4056 <u>Fax:</u> (978) 475-4046 <u>Email:</u> info@ChallengeUnlimited.org</p>
<p>Teaberry Knoll Academy of Therapeutic Riding, Inc.</p>	<p>201 Miller Street Seekonk, MA 02771 <u>Phone:</u> (508) 336-6555 <u>Email:</u> TallyHo@TeaberryKnoll.com <u>URL:</u> http://www.teaberryknoll.com/</p>
<p>Therapeutic Equestrian Center, Inc.</p>	<p>Gerry Raucher 537 Northampton Street Holyoke, MA 01040 <u>Phone:</u> (413) 532-1462</p>
<p>Therapeutic Riding – Windrush Farm Therapeutic Equitation, Inc.</p>	<p>30 Brookview Road Boxford, MA 01921 <u>Phone:</u> (978)682-7855 <u>Fax:</u> (978)682-8599</p>



Adapted Snow Sports



An Adapted snow sport is a general term that refers to a wide variety of winter activities for people with disabilities. Adapted snow sports such as adapted skiing and snowboarding programs are run by trained and certified instructors. No matter the level of assistance needed, children and adults alike are able to participate in adapted snow sports with a variety of adaptive equipment and/or manual assistance from instructors. These programs help build confidence and promote a sense of freedom for individuals with disabilities.

AbilityPLUS, Inc.

Website: <http://www.abilityplus.org/>

The mission of AbilityPLUS is to offer increased access to athletic and recreational opportunities for persons with physical and mental disabilities that will create freedom, promote independence, support inclusion and help those individuals and their families discover their full social, mental and athletic potential.

Current Adaptive Program Locations:

Waterville Valley, NH: (603) 236-8311 ext. 3175

Attitash, NH: (603) 374-2688

Mount Snow, VT: (802)464-1100 ext. 1-4699

Other sites that offer adapted snow sports:

Site	Contact Information
Wachusett Mountain http://www.wachusett.com/SkiSnowboardSchool/AdaptivePrograms/tabid/163/Default.aspx	499 Mountain Road Princeton, MA 01541 <u>Phone:</u> (978) 464-2300 (x3718) <u>Email:</u> information@wachusett.com
New England Disabled Sports at Loone Mountain http://www.loonmtn.com/infor/winter/adaptive.aspx	60 Loone Mountain Road Lincoln, NH 03251 <u>Phone:</u> (603) 745-6281 (x5663)
New England Handicapped Sports Association at Mount Sunapee http://www.mountsunapee.com/mtsunapeewinter/learningcenter/adaptivelessons.asp	Mount Sunapee 1398 Route 103 PO Box 2021 Newbury, NH 03255 <u>Phone:</u> (603) 763-3500 <u>Email:</u> info@mtsunapee.com
S.T.R.I.D.E. Adaptive Sports at Jiminy Peak Mountain http://www.stride.org/index.php?option=com_content&view=article&id=6&Itemid=22	Jiminy Peak Mountain Resort Hancock MA 01237 <u>Phone:</u> (413)738-5500 ext 5120 <u>Email:</u> info@stride.org



Outdoor Activities



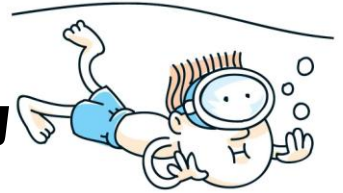
There are a variety of adapted outdoor activities offered to children with disabilities. These activities help one to build strength, endurance, and physical coordination, which are all important for children of various ages and abilities. The following is a brief list of some accessible outdoor activities: windsurfing, kayaking, rowing/sculling, outrigger canoeing, boating, surfing, water-skiing, kite sailing, rock/wall climbing, tennis, cycling, soccer, and enabled sailing.

Sites that offer outdoor activities:

Site	Contact Information	Activities Offered
Accessail: Duxbury Bay Maritime School http://duxbayms.com/programs/accessail/accessail/	457 Washington Street PO Box 263A Duxbury, MA 02331 <u>Gene Orosz:</u> (781) 934-7555	Enabled Sailing
Accessport America http://www.accessportamerica.org/participate/highchallengesports.html	119 High Street Acton, MA 01720 <u>Phone:</u> (866) 457-7678; (978) 264-0985	Windsurfing, kayaking, rowing/sculling, outrigger canoeing, surfing, water-skiing, kite sailing, rock/wall climbing, tennis, cycling, & soccer.
All Out Adventures http://www.alloutadventures.org/index.php?option=com_frontpage&Itemid=1	184 Northampton St., Suite H Easthampton, MA 01027 <u>Phone:</u> (413) 527-8980 <u>Fax:</u> (413) 527-2483 <u>Email:</u> info@alloutadventures.org	Kayaking, canoeing, cycling, camping, hiking, and other outdoor activities for all seasons.
Community Boating, Inc. http://www.community-boating.org	21 David Mugar Way Boston, MA 02114 <u>Phone:</u> (617) 523-1038 <u>Fax:</u> (617) 523-6959 <u>Email:</u> hkelly@community-boating.org	Enabled Sailing
Courageous Sailing http://www.courageoussailing.org/youth-programs/other-programs/enablesailing	Pier 4, Charlestown Navy Yard Boston, MA 02129 <u>Phone:</u> (617) 268-7243	Enabled Sailing
Outdoor Explorations http://www.outdoorexplorations.org	98 Winchester Street Medford, MA 02155 <u>Phone:</u> (781) 395-4999 <u>Email:</u> info@outdoorex.org	Hiking, kayaking, rock climbing, ropes course, snowshoeing, camping, adventure education and custom group trips.
Piers Park Sailing Center http://piersparksailing.org/adaptive-sailing	95 Marginal Street East Boston MA, 02128 <u>Phone:</u> (617) 561-6677 <u>Fax:</u> (617) 561-0564 <u>Email:</u> info@piersparksailing.org	Enabled Sailing Fall Sailing Hours: 7 days/week 11am – 7pm Business Hours: Monday through Friday 9am – 5pm



Adaptive Swimming & 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 and/or accessibility for children with special needs.

Andover	Andover/North Andover YMCA Andover, MA (978) 685-3541 Private lessons can be adapted.	Marblehead	Jewish Community Center Meryl Umansky, teacher Thursdays 4-4:45PM Fall 2009 Participants at least 12 years old www.jccns.com (781) 631-8330 (Adapted Swim Lessons)
Boston	Mason Pool Boston, MA (617) 635-5241 No specific lessons, but the facility is handicapped-accessible	Natick	Wellesley S.T.A.R.S. Swim program held January to June/ Team competes in Special Olympics Natick, MA <u>Contact:</u> Karen Bernardo Kcnerard2@aol.com
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) 830-8801	South Bridge	Tri-Community YMCA Southbridge, MA (508) 765-5466 Adapted Aquatics
Framingham	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)	West Roxbury	Draper Pool West Roxbury, MA (617) 635-5021
Lowell	Greater Lowell Family YMCA 35 YMCA Drive Lowell, MA 01852 greaterlowellymca.tripod.com/ (Adaptive Aquatics)	Quincy	South Shore YMCA Quincy, MA (617) 479-8500 (Lessons on Sundays for children with special needs.)

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

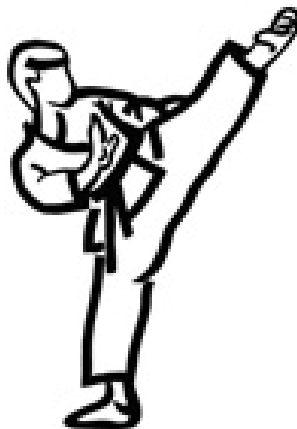
Martial Arts

Forms of martial arts include Karate, Tai Chi Chuan, Tae Kwan Do, and Kung Fu. Martial arts challenge a child both physically and mentally. Martial arts, such as Karate and Tai Chi encourage balance and body awareness through specific body movements. Martial arts also require a high level of discipline, which may be beneficial for children with behavioral difficulties. Martial arts can also help with improving or maintaining strength, flexibility, balance, agility and coordination.

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 semi-private 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 Massachusetts that offer programs or have experience including children with special needs in their programs:

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



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 to see if the studio can accommodate your child. Your child's physical therapist may be able to talk to the studio and assist them in adapting activities so that they are suitable for your child.

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

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

The Adaptive Dance Program, developed in 2002, is a successful and unique joint venture between Boston Ballet and the Department of Physical Therapy, Children's Hospital, Boston. The program reflects an innovative collaboration between the staff from both facilities and is designed to foster a love of dance and creative expression in children with Down syndrome. The primary goal of Adaptive Dance classes is for the children to experience the pure joy of dance and music. Additionally, program evaluation suggests that it has many other important benefits to the children who participate, including improvements in their coordination, overall fitness, balance, focus, listening, self-esteem, self-expression, rhythm and musicality. Adaptive dance is currently offered in the Boston, Newton, and Marblehead studios.

For more information, please contact: vburgman@bostonballet.org



Yoga

Yoga strives to balance one's body, mind, and spirit by incorporating exercises, breathing techniques, and meditation to achieve and maintain whole body harmony. Yoga can be used with people of all ages and varying abilities. It helps to improve breathing, body awareness, flexibility, posture, strength, and balance, as well as helps to promote relaxation.

Yoga for the Special Child, LLC: <http://www.specialyoga.com/>

A comprehensive program of Yoga techniques designed to enhance the natural development of children with special needs. Their therapeutic program includes:

- An integrated series of balanced Yoga poses to increase body awareness, strength, and flexibility
- Specialized breathing exercises and relaxation techniques to improve concentration and reduce hyperactivity
- An early intervention program to assure the healthy formative development of infants and toddlers.

Visit this website for licensed practitioners in your state:

<http://www.specialyoga.com/licensedprac>

Licensed Practitioner in the State of Massachusetts:

Tonya Salerno

YSC Practitioner

Boston, MA

Phone: (781) 775-9680

Email: tonyayoga@gmail.com

Green Tea Yoga:

Yoga programs for children. Sessions in the fall, winter, and spring are 6 weeks long. There is one summer session in June for 4 weeks. Please see website for dates and fees for each session.

Contact Information:

10 Colonial Road

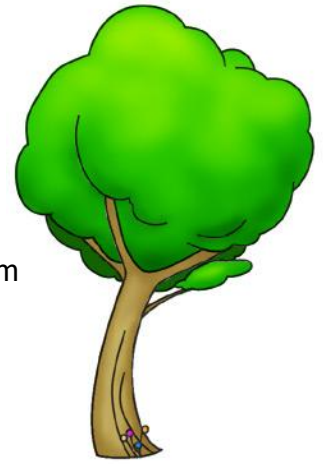
Salem, MA 01970

Phone: (978) 740-9749

Website: <http://greenteayoga.com/Yogaforkids.html>



Parks/Trails/Beaches



Department of Conservation and Recreation:

Universal Access Program: www.mass.gov/dcr/universal_access/index.htm

Roger Williams Park Zoo: www.rogerwilliamsparkzoo.org

Contact Info:

1000 Elmwood Avenue Providence, RI 02907

Phone: (401) 941-3910

Wheelchair Accessible Trails: www.trailink.com/search.aspx?q=%20&st=Massachusetts

Arlington/ Bedford	Minuteman Bikeway	Length: 10.5 mi
Boston Back Bay to Jamaica Plain	Southwest Corridor Park	Length: 5 mi
Cape Cod Dennis to South Wellfleet	Cape Cod Rail Trail	Length: 25 mi
Cambridge/ Somerville Davis Square to Cedar Street	Alewife Linear Park Somerville Community Path	Length: 1.1 mi Length: 0.75 mi
Easthampton/ Mt. Tom Junction	Manhan Rail Trail	Length: 4.2 mi
Falmouth/ Woods Hole	Shining Sea Bikeway Length	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
Milon/Dorchester	Neposet Trail	Length: 2.5 mi
Nashua Ayer to Hollis	Nashua River Rail	Length: 11 mi
Northampton/Florence	Northampton Bikeway	Length: 2.6 mi

Accessible Parks and Beaches: The following sites have Beach Wheelchairs available

*Self-Propel Beach Wheel Chairs Available

Ashland	Ashland State Park	Rte. 135: (508) 435-4303
Brewster	Nickerson State Park	Rte.6A: (508) 896-3491
Concord	Walden Pond State Reservation	915 Walden Street
East Taunton	Massasoit State Park	Middleboro Ave.: (508) 822-7405
Gardner	Dunn State Park	Rte. 101: (978)632-7897
Goshen	DAR State Forest	78 Cape Street, Rte. 112
Hopkinton	Hopkinton State Park	Rte. 85: (508) 435-4303
Mashpee	South Cape Beach State Park	Great Oak Road
Monterey	Beartown State Forest	69 Blue Hill Rd: (413) 528-0904
North Andover	Harold Parker State Forest	1951 Turnpike Street
Rockport	Halibut Point*	Gott Avenue
Salisbury	Salisbury Beach State Reservation	Beach Rd. Rte. 1A: (978) 462-4481
Westport Point	Horseneck Beach State Reservation*	Rte. 88: (508) 636-8816

Summer Camp Resources



There are several options of summer camps offered for children of varying ages and abilities. The Federation for Children with Special Needs provides a list of camps other than the ones listed here in each state. It also provides information on choosing a camp for your child based on their needs and what services they can benefit from.

Federation for Children with Special Needs: <http://www.fcsn.org/summercamps/>
Summer Fun 2010 Directory with camp listings by camp name and by state:
<http://fcsn.org/summercamps/summerfun2010.pdf>

American Camping Association of New England: www.aca-camps.org
Offers guidance to help match your child's needs and interests with specific New England camps.

Contact Info: (508) 647-4890
214 N. Main Street, Suite 104
Natick, MA 01760

Associated Grantmakers: www.agmconnect.org/summerfund
Offers a "Summer Fund Camp List" available on website. Generates resources to support and strengthen summer camps serving low-income neighborhoods in MA.

Contact Info: (617) 426-2606
55 Court Street, Suite 520
Boston, MA 02108

Camp S.T.A.R. (Supporting Therapeutic & Accessible Recreation):

www.northshoreymca.org

Program: A YMCA camp with a special needs component for children ages 6-18 with mild to moderate special needs. Swimming, sports, arts & crafts, and adventure-based activities.

Contact Information:
Kara Smith, Camp Coordinator
254 Essex Street
Beverly, MA01915

Phone: (978) 927-6855
Fax: (978) 927-6530
Email: smithk@northshoreymca.org

Easter Seals Massachusetts: www.eastersealsma.org
Collaborates with camping programs in Maine, Massachusetts and Connecticut. Offers individuals with physical disabilities the chance to enjoy summer camp activities with able-bodied campers.

Contact Info: (800) 244-2756
484 Main Street
Worcester, MA 01608

MDA (Muscular Dystrophy Association) Summer Camp:

<http://www.mdausa.org/clinics/camp/>

Offers a wide range of activities specially designed for young people who have limited mobility or use wheelchairs. Although structured, camp programs are conducted in a relaxed atmosphere that gives campers an unmatched opportunity to develop lifelong friendships, share interests and build self-confidence.

SAIL TO PREVAIL Summer Camps:

<http://www.sailtoprevail.org/index.html>

Kids Camp:

SAIL TO PREVAIL's *Confidence is Cool* Kids' Camp is a recreational day camp provided to children, ages 7-12 disabled by neurological dysfunction, and is designed to fill a void in summer programming available for children with physical disabilities. The participants have different levels of ability and come from all over New England with one goal in mind – to have fun!

http://www.sailtoprevail.org/ccs_kids.html

Teen Camp:

Confidence is Cool Teen Camp is a recreational day camp for teens, ages 13-17, and as with the *Confidence is Cool* Kids' Camp, is designed to fill the void in summer programming available to adolescents with physical disabilities.

http://www.sailtoprevail.org/ccs_teens.html

Warmlines:

www.warmlines.org

Provides a guide to summer day camps, day care, and special needs programs.

Contact Info: (617) 244-INFO

Camp Jabberwocky:

<http://www.campjabberwocky.org/>

A small summer camp for the disabled, situated in the northern woods of Martha's Vineyard, not far from Lake Tashmoo.

Zeno Mountain Farm:

<http://www.zenomountainfarm.org/>

The goal at Zeno Mountain Farm is simple: We wish to support friendships between people with and without disabilities.

Other Recreation/Sports Contacts



Partners for Youth with Disabilities: Making Healthy Connections:

http://www.pyd.org/mentoring_programs/healthy_connections.htm

Interactive discussions and recreational activities for adolescents and youth with disabilities.

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: www.cfs.org

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.

Contact Info: (413) 788-9695
367 Pine Street Springfield, MA 01105

Shake-A-Leg: www.shakealeg.org

Offers programs that focus on improving the mind, body, and spirit for people with disabilities, especially individuals with spinal cord and related nervous system conditions. Fully accessible facility for recreational, instructional and competitive sailing.

Contact Info: (401) 849-8898
PO Box 1264 Newport, RI 02840

New England Wheelchair Athletic Association: www.newaa.org

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).

Contact Info: (781) 830-8751
3 Randolph Street, Canton, MA 02021

National Disability Sports Alliance: www.ndsaonline.org

The National Coordinating Body for competitive sports for individuals with cerebral palsy, traumatic brain injuries, muscular dystrophy, multiple sclerosis, and stroke.

Contact Info: (401) 792-7130
25 W. Independence Way Kingston, RI 02881

America's Athlete's with Disabilities: www.americasathletes.org

A consortium of corporate friends as well as members and partners comprising both single disability and multi-disability groups, organizations and individuals who passionately advocate both single sport and multi sport activities and programs to better serve persons with physical disabilities.

Contact Info: (800) 238-7632
8630 Fenton Street, Suite 920 Silver Spring, MD 20910

National Center on Physical Activity and Disability: www.ncpad.org

Contact Info: (800) 900-8086
1640 W. Roosevelt Road Chicago, IL 60608

Specialized Recreational Equipment



RecTech:

www.rectech.org/equipments/index.php

RecTech is a Rehabilitation Engineering Research Center funded by the National Institute on Disability and Rehabilitation Research (NIDRR). The RecTech recreational equipment database is available at the website above. Information on recreation, fitness, and sports equipment is available on this website. Each listing contains a detailed description of the product, including manufacturer and distributor details and classified as an equipment or personal adaptation.

Adaptive Bicycles: Pedal Power Program:

www.rileyhospital.org/parents-andpatients/wellness-center/commed/adapted-bikes.jsp

The Riley Children's Hospital has information on their website about the types of adaptive bicycles and product information.

Freedom Concepts Bikes:

<http://www.freedomconcepts.com/aboutus/>

Since 1991, Ken Vanstraelen and staff have developed a full line of therapy bicycles for a long list of satisfied customers in North America and abroad, many of whom have never experienced the exhilaration of a ride before.

Working with medical professionals, physical / occupational therapist and families, Freedom Concepts custom-builds each device for individuals with disabilities such as Cerebral Palsy, Spina Bifida, Muscular Dystrophy, Angelman Syndrome, Rett Syndrome, and visually impaired.

**Physical Activity and
Recreational Resource Guide:**
Massachusetts & New England