



The following excerpt has been taken from the Christopher & Dana Reeve Foundation Paralysis Resource Center website.

<http://www.christopherreeve.org/site/c.mtKZKgMWKwG/b.4453489/k.268B/Recreation.htm>

Also see our topic sheets on arts and creativity, camps, gardening, golf, hunting, playground accessibility, sailing, sports and competition, toys for children with special needs, and travel.

Recreation

Recreation, leisure and play activity that includes all ages and abilities is a great equalizer. For people who are paralyzed, recreation can be a gateway to physical and health benefits. But the social interaction of recreation is just as important. Recreation promotes the inclusion of people. It enhances social connections, motivation, and self-esteem.

Recreation and leisure activities vary widely, from river rafting down the Grand Canyon to playing chess in the park. There are countless ways to adapt most activities for all participants. Most cities have adaptive recreation programs in place. There are specialized recreation centers, and there is a tremendous amount of information available online to get involved in fun activities.

Web Sites

<http://www.liferollson.org>

Life Rolls On Foundation

Life Rolls On, a subsidiary of the Christopher & Dana Reeve Foundation, is dedicated to improving the quality of life for young people affected by spinal cord injury and utilizes action sports as a platform to inspire infinite possibilities despite paralysis. LRO offers adaptive surfing, skateboarding and skiing.

<http://www.accessiblefishing.org>

Accessible Fishing

1055 Lamar Street
Lakewood, CO 80214
Phone: 720-298-0725

Email: fishycharacter@comcast.net

This site features information on adaptive fishing equipment, handicapped fishing strategies, fishing with a disability or making fishing and boating accessible.

<http://adaptiveadventures.org/>

Adaptive Adventures

4840 Pearl East Circle - 201W
Boulder, CO 80301-2486
Phone: 303-396-1339
Phone: 877-679-2770 (Toll-free)

2616 Wilmette Avenue
Wilmette, IL 60091
Phone: 847-251-8445
Phone: 866-679-2770 (Toll-free)

E-mail: info@adaptiveadventures.org

Adaptive Adventures provides progressive outdoor sports opportunities to improve quality of life for children, adults and veterans with physical disabilities and their families.

<http://www.kenspowercaster.com>

Adaptive Creations

PO Box 131
Waltersburg, PA 15488
Phone: 724-438-1336

E-mail: kendvorchak@kenspowercaster.com

Adaptive Creations is dedicated to producing a line of adaptive equipment that will allow the severely disabled to become active in fun and challenging pursuits, no matter the level of injury. The company's initial product is Ken's Power Caster, a fully automated, push-button controlled fishing machine that allows for the hands-free casting and retrieval of a fishing line.

<http://www.sitski.com/pg3.htm>

Adaptive Ski & Sport Programs

This site lists adaptive ski and sport programs in the US (by state), Canada and Europe.

<http://www.adaptivesports.org>

Adaptive Sports Center

PO Box 1639
Crested Butte, CO 81224
Phone 970-349-2296, 866-349-2296 (Toll-free)

Email: info@adaptivesports.org

The Adaptive Sports Center offers outdoor adventure activities to people with disabilities and their families and friends.

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

American Association of Adapted Sports Programs (AASP)

P.O. Box 451047

Atlanta, Georgia 31145

Email: sports@adaptedsports.org

AAASP is America's first interscholastic athletic governing body for students with physical or visual impairments. The organization's mission is to develop and support a standardized structure for school-based athletic competition to improve the well-being of students with physical disabilities.

<http://www.beneficialdesigns.com/>

Beneficial Designs

2240 Meridian Boulevard, Suite C

Minden, NV 89423-8628

Phone: 775-783-8822

E-mail: mail@beneficialdesigns.com

Beneficial Designs works towards universal access through research, design, and education. The company offers assistive technologies to enable users of varying abilities to take part in recreational and leisure activities.

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

Breckenridge Outdoor Education Center (BOEC)

PO Box 697

Breckenridge, CO 80424

Phone: 970-453-6422, 800-383-2632 (Toll-free)

E-mail: boec@boec.org

The BOEC offers outdoor education experiences throughout the year, both single and multi-day courses, featuring many adventure activities in many locales in the Rocky Mountain and SE Utah region. The organization serves all people, with a specialized focus on those with disabilities and special needs. Its adaptive ski program offers full and half-day adaptive lessons daily throughout the winter season at Breckenridge and Keystone Ski Resorts.

<http://www.bridge2sports.org>

Bridge II Sports

5037 Brenda Court

Durham, NC 27712

Phone: 866-880-2742 (Toll-free)

Bridge II Sports creates opportunities for physically challenged children and adults to play team and individual sports by providing equipment, developing sports, teams and coaching.

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

Bridges to Ability Foundation

PO Box 801715

Santa Clarita, CA 91380-1715

Phone: 661-702-8555

E-mail: info@bridgestoability.org

Bridges to Ability provides quality vocational, educational, social, and recreational programs to teens 16 years and above and adults with disabilities, including Down Syndrome, cerebral palsy, autism, Asperger's syndrome, hearing and vision impairments, and physical disabilities.

<http://www.casacolina.org/Community-Services/Outdoor-Adventures.aspx>

Casa Colina Outdoor Adventures

Casa Colina Centers for Rehabilitation

255 East Bonita Avenue

Pomona, CA 91767

Phone: 909-596-7733 x2221, 866-724-4127 x2221 (Toll-free)

E-mail: rehab@casacolina.org

This program focuses on empowering people with disabilities by creating opportunities for challenging and exciting experiences in the out-of-doors.

<http://www.challengeaspen.org/index.cfm>

Challenge Aspen

PO Box 6639

Snowmass Village, CO 81615

Phone: 970-923-0578

Challenge Aspen provides year-round recreational, educational and cultural experiences for people with disabilities. Programs include skiing, snowboarding, fly fishing, rafting, horseback riding, hiking and climbing. Challenge Aspen Military Opportunities (C.A.M.O.) provides experiences for injured military.

<http://www.campmobilityproject.org/cyclingproject.html>

Children & Adult Mobility Project (CAMP)

14 Echo Lane

Simsbury, CT 06070

Phone: 860-543-5381

E-mail: info@campmobilityproject.org

CAMP runs Connecticut Adaptive Cycling, a hand-cycle, recumbent trike and adaptive cycling program for children and adults in Connecticut offer recreational and competitive rides.

<http://www.denniswalters.com/>

The Dennis Walters Golf Show

Phone: 954-232-5410

E-mail: dennis@denniswalters.com

Motivational speaker Dennis Walters provides lessons on golf and life based on his experience golfing with a disability. This site has links to resources for golfers with disabilities, and Walters is open to being contacted by people who would like information on playing as he does.

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

Disabled Sports USA

451 Hungerford Drive, Suite 100

Rockville, MD 20850

Phone: 301-217-0960

The mission of Disabled Sports USA is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, recreation and educational programs. The organization has chapters in 37 states. Activities include winter skiing, water sports, summer and winter competitions, fitness and special sports events. Participants include those with visual impairments, amputations, spinal cord injury, dwarfism, multiple sclerosis, head injury, cerebral palsy, and other neuromuscular and orthopedic conditions.

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

Diveheart Foundation

900 Ogden Avenue, #274

Downers Grove, IL 60515

Phone: 630-964-1983

E-mail: info@diveheart.org

The Diveheart Foundation provides educational SCUBA diving and snorkeling experience programs to children, adults, and veterans with disabilities in hopes of providing both physical and psychological therapeutic value.

<http://www.greenway.org>

East Coast Greenway

The East Coast Greenway (now more than 25% complete) is a system of traffic-free, relatively flat trails, spanning nearly 3,000 miles from Canada to Key West, Florida, linking all the major cities of the eastern seaboard. It will be safe, free and accessible to people of all ages and physical abilities, including children, families, and the elderly.

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

Environmental Traveling Companions

Fort Mason Center

Landmark Building C

San Francisco CA 94123

Phone: 415-474-7662

E-mail: info@etctrips.org

Environmental Traveling Companions opens the beauty and challenge of the great outdoors to people with disabilities and disadvantaged youth. Every year, more than 2,000 people join ETC to raft whitewater rivers, ski alpine meadows, kayak the waters of the Golden Gate and Tomales Bay, and build leadership skills.

<http://www.handicaching.com>

Handicaching

Geocaching is a treasure hunting game in which participants use GPS devices to hide and locate containers. Handicaching improves the accessibility of geocaching for people with

disabilities by rating caches so that disabled geocachers can quickly find the caches they are able to do. The site also provides tools and resources to help disabled geocachers find caches with ratings, find out what caches they will likely be able to do and a quick reference guide to the rating system.

<http://www.kennedykrieger.org/special-education/educational-programs/physically-challenged-sports-recreation-program>

Kennedy Krieger Institute: Physically Challenged Sports & Recreation Program

Kennedy Krieger High School Career and Technology Center

3825 Greenspring Avenue

Baltimore, MD 21211

Phone: 443-923-7844

The Physically Challenged Sports and Recreation Program is open to individuals aged 2 - 21 who experience physical challenges and exhibit cognitive skills at or near appropriate developmental levels. Activities include ice skating; motor development; fitness and swimming; wheelchair football, basketball and floor hockey; sitting volleyball; sled hockey; boccia; table tennis/polybat; tennis; track and field; baseball; power soccer; and golf.

<http://i-skate.kennedykrieger.org/>

I-Skate

Dorothy Hamill's adaptive figure skating program at Kennedy Krieger Institute in Maryland is open to children from ages 5 to 18.

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

Lakeshore Foundation

4000 Ridgeway Drive

Birmingham, AL 35209

Phone: 205-313-7400

E-mail: information@lakeshore.org

Lakeshore Foundation offers a wide range of fitness, recreation, athletic and education programs in four major areas: aquatics, fitness, competitive athletics and general recreation. Membership opportunities are available for individuals, couples, families, seniors and youth with physically disabling conditions including spinal cord injuries, cerebral palsy, multiple sclerosis, stroke, amputation, and visual impairment.

<http://www.ncaonline.org>

The National Center on Accessibility (NCA)

Indiana University Research Park

501 North Morton Street, Suite 109

Bloomington, IN 47404

Phone: 812-856-4422, 812-856-4421 (TTY)

E-mail: nca@indiana.edu

NCA promotes access and inclusion for people with disabilities in parks, recreation and tourism. Through the comprehensive services of research, technical assistance and

education, NCA focuses on universal design and practical accessibility solutions creating inclusive recreation opportunities for people of all abilities.

http://www.nps.gov/pub_aff/access/index.htm

National Park Service: National Parks – Accessible to Everyone

This website showcases trails, activities, and other features that are accessible at units of the National Park System nationwide. The information presented here is a sampling of the accessible facilities and programs available to visitors throughout the National Park System. Locations that are not highlighted on this site may also have accessible features.

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

Outdoors for All Foundation

6344 NE 74th Street, Suite 102

Seattle WA 98115

Phone: 206-838-6030

E-mail: info@outdoorsforall.org

The Outdoors for All Foundation provides year-round instruction in outdoor recreation for people with physical, developmental, and sensory disabilities. Programming includes snowboarding, snowshoeing, cross country and downhill skiing, cycling, hiking, river rafting, canoeing and kayaking, day camps, water skiing, rock-climbing, camping and custom events.

<http://www.recreation.gov/marketing.do?goto=/FAQs/access.html>

Recreation.gov: Accessibility at Federal Recreation Sites

Phone: 877-444-6777

This site has information on accessible recreation on federal lands.

<http://www.shakacostarica.com>

Shaka Surf Camp in Costa Rica

Shaka Beach Retreat teaches children and adults with disabilities how to surf at a fully ADA-compliant and wheelchair accessible retreat. The camps are offered free of charge for selected non-profits to utilize.

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

Shake-A-Leg Miami

2620 South Bayshore Drive

Coconut Grove, FL 33133

Phone: 305-858-5550 x113

E-mail: info@shakealegmiami.org

Shake-A-Leg Miami's mission is to use the marine environment to improve the health, education, independence and quality of life for all with an emphasis on individuals with physical, developmental and economic challenges.

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

SPLORE

774 East 3300 South, Suite 105

Salt Lake City, UT 84106

Phone: 801-484-4128

E-mail: info@splore.org

Splore offers affordable, customized, inclusive recreation and education programs for people of all abilities.

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

STRIDE (Sports and Therapeutic Recreation Instruction/Developmental Education)

PO Box 778

Rensselaer, NY 12144

Phone: 518-598-1279

Fax: 518-286-3201

Email: stride@capital.net

Some of their winter programs are in Massachusetts

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

The Treehouse Guys

Phone: 802-793-8880

The Treehouse Guys (formerly Forever Young Treehouses) design and build universally accessible treehouses for public parks and for private camps and backyards.

<http://www.turningpointnation.org>

Turning Point

Turning Point teaches people with mobility impairments the skills necessary to fully enjoy the outdoors and sponsors a wide variety of activities. The organization has chapters in Texas, Oklahoma, California and North Carolina.

<http://www.ucandocentral.com/>

U Can Do

Phone: 866 U CAN DO 2 (866-822-6362)

E-mail: vp@ucandocentral.com

U Can Do's products provide challenging entertainment with social and family interaction to individuals with disabilities and special needs. The company's pinball machines can be played with one hand, fists, wrists, elbows, feet, or combinations thereof.

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

U. S. Adaptive Recreation Center

PO Box 2897

43101 Goldmine Drive

Big Bear Lake, CA 92315

Phone: 909-584-0269, 800-735-2929 (TTY)

E-mail: mail@usarc.org

USARC is committed to facilitating challenging and adventurous recreational programming for people with disabilities. Winter programs include skiing and

snowboarding. Summer programs include wet and wild water skiing, jet skiing, kayaking, sailing and fishing.

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

WAVES (Wheelchairs and Veterans Enjoying Summer) Inc.

754 Shore Walk

Lindenhurst, NY 11757

Phone: 631-957-1838

WAVES offers free fishing and boating to children and adults with physical and mental challenges, including people with autism, multiple sclerosis, muscular dystrophy, spinal cord injuries, traumatic brain injuries, Down syndrome, and all disabled veterans. They operate in Long Island, NY from May to November and in Stuart, FL from November to May.

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

Wilderness Inquiry (WI)

808 14th Avenue Southeast

Minneapolis, MN 55414-1516

Phone: 612-676-9400, 800-728-0719 (Toll-free)

E-mail: info@wildernessinquiry.org

WI offers canoe, sea-kayak, backpack, horseback and dogsled adventures around the world to people whose backgrounds vary in terms of physical ability, age, mental capacity and more.

http://www.wildernessinquiry.org/register/integrated_adventure.php

Wilderness Inquiry: Integrated Outdoor Adventures

This page provides information on WI's integrated wilderness trips which involve people with and without disabilities as equals and peers.

The following books and videos are available for free loan from the PRC library. For more information, please see www.paralysis.org and click *Borrow from Our Lending Library* under PRC Quick Links.

Books

- Anderson, Lynn and Carla Brown Kress. **Inclusion: Including People with Disabilities in Parks and Recreation Opportunities**. State College, PA: Venture Publishing Inc., 2003.
- Bielenberg, Kiwi. **All Active: 35 Inclusive Physical Activities**. Champaign, IL: Human Kinetics, 2008.
- **Foundations of Therapeutic Recreation**. Terry Robertson and Terry Long, editors. Champaign, IL: Human Kinetics, 2008.

- **Implementing Recreation and Leisure Opportunities for Infants and Toddlers with Disabilities.** Champaign, IL: Sagamore Publishing, 2003.
- **Principles and Methods of Adapted Physical Education and Recreation.** Edited by David Auxter, Jean Pyfer, Carol Huettig. Boston: McGraw-Hill, 2005.
- Sherrill, Claudine. **Adapted Physical Activity, Recreation and Sport.** New York: McGraw-Hill, 2004. 6th edition.
- Zeller, Janet A. **Canoeing and Kayaking for People with Disabilities.** Champaign, IL: Human Kinetics for the American Canoe Association, 2009.

Videos

- **Right to Risk: 15 Day Journey Through Arizona's Grand Canyon.** Coupeville, WA: KJR Media, 2007. DVD. (57 minutes) www.righttorisk.org
Follows 8 people with disabilities such as quadriplegia, blindness, multiple sclerosis, and amputation as they raft down the Colorado River through the Grand Canyon.
- **Wheelchair Dance Demo: Two-Step and Waltz.** Aurora, CO: Adaptive Dancing, VHS.

The following streaming videos from the Christopher & Dana Reeve Foundation can be viewed for free at www.paralysis.org. To view, click *See All Videos* on the top, then click the *Paralysis Resource Center* tab and scroll through the videos listed on the right.

- **Power Soccer**
- **Tennis**
- **Handcycling**
- **Golf**
- **Sailing**
- **Scuba Diving**
- **Skiing**

- Skydiving
- Surfing
- **Wilmer Valderrama Plays Wheelchair Basketball**

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.