

Recreation



Figure 1: Photo Courtesy of Permobil.

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.

Please 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.

The following are provided as information sources. The Reeve Foundation does not endorse any products, vendors or services and a listing here is not to be taken as an endorsement.

Web Sites

Access Pass

<http://store.usgs.gov/pass/access.html>

for people with permanent disability permits free entrance into various national parks and federal lands. The Forest Service, the National Park Service, Fish and Wildlife Service, Bureau of Land Management, and Bureau of Reclamation honor the Access Pass at sites where entrance fees are charged.

Accessible Yoga Conference

www.AccessibleYoga.org

Email: info@accessibleyoga.org

The first accessible yoga conference was held in 2015. Plans are being made for the second annual conference in Santa Barbara, CA in September 2016.

Adaptive Adventures

<http://adaptiveadventures.org/>

1315 Nelson St., Unit 1

Lakewood, CO 80215

Phone: 303-679-2770

Phone: 877-679-2770 (Toll-free)

700 Touhy Avenue

Elk Grove Village, IL 60007

Phone: 312-310-2770

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.

Adaptive Sports Center

<http://www.adaptivesports.org>

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.

American Association of Adapted Sports Programs (AASP)

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

P.O. Box 451047

Atlanta, Georgia 31145

Phone: 404-294-0070

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.

Bellyak

<http://bellyak.com/uncategorized/new-sport-challenges-paralysis/>

1465 Sand Hill Rd., Suite 110

Condler NC 28715

Phone: 828-231-7469

Email: info@bellyak.com

Longer than a riverboard, more stout than a surfboard and shapelier than a standard SUP, a Bellyak is a boat designed to be ridden lying down. Designed with a planing hull, much like a kayak, Bellyaks cut through the water, while holding the rider above the water, providing a responsive ride and good maneuverability. Bellyaks are approximately 8 feet long and 24 inches wide, with a stable and secure riding area. The link provides a testimonial to its ease of use from a person living with quadriplegia.

Beneficial Designs

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

2325 P51 Ct., Suite 402

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.

BirdAbility

<https://www.birdability.org/>

Email: info@birdability.org

Through education, outreach and advocacy, Birdability works to ensure the birding community and the outdoors are welcoming, inclusive, safe and accessible for everybody.

BlazeSports America (formerly U.S. Disabled Athletes Fund)

<https://blazesports.org/>

3000 Business Park Dr., Suite A

Norcross, GA 30071

Phone: 404-270-2000

Email: info@blazesports.org

Provides sport, recreation and physical activity opportunities for people with physical disability.

Breckenridge Outdoor Education Center (BOEC)

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

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.

Bridge II Sports

<http://www.bridge2sports.org>

3729 Murphey School Rd.

Durham, NC 27705

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.

Casa Colina Outdoor Adventures

Casa Colina Centers for Rehabilitation

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

255 East Bonita Avenue

PO Box 6001

Pomona, CA 91767

Phone: 909-596-7733 x4131, 866-724-4127 (Toll-free)

E-mail: adventures@casacolina.org

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

Challenge Aspen

www.challengeaspen.org

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.

The Dennis Walters Golf Show

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

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.

Diveheart Foundation

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

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.

East Coast Greenway

<http://www.greenway.org>

5826 Fayette Ville Rd, Suite 210

Durham, NC 27713

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.

Environmental Traveling Companions

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

Fort Mason Center

2 Marina Blvd. Suite C385

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.

IM ABLE Foundation

<https://imablefoundation.org/>

220 Park Road North Building 7
Wyomissing, PA 19610
Phone: 1-877-595-3505

Email: info@imablefoundation.org

The Foundation supports programs and individuals who want to get active through IM ABLE's programs. They purchase adaptive sports equipment and support programs that encourage physical activities.

Handicaching

<http://www.handicaching.com>

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.

Kennedy Krieger Institute: Physically Challenged Sports & Recreation Program

<http://www.kennedykrieger.org/special-education/educational-programs/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.

I-Skate

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

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

Kyle Pease Foundation

www.kylepeasefoundation.org

Atlanta, GA

The purpose of the Kyle Pease Foundation (KPF) is to create awareness and raise funds to promote success for persons with disabilities by providing assistance to meet their individual needs through sports. Programs may include scholarship opportunities, purchasing of medical equipment or adaptive sports equipment for others or contributing to other organizations that provide similar assistance to disabled persons as well as participating in educational campaigns to create awareness about Cerebral Palsy and other disabilities. KPF will provide these services directly to individuals as well as to partner with other existing non-profit organizations to achieve these

goals. Direct benefits will be limited to persons with disabilities who need adaptive sports equipment, mobility devices or medical care.

Lakeshore Foundation

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

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.

Life Rolls On Foundation

<http://www.liferollson.org>

PO Box 45770

Los Angeles, CA 90045

Phone: 424-272-1992

Email: Contact@LifeRollsOn.org

Life Rolls On 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 and skateboarding.

Model Systems Knowledge Translation Center (MSKTC)

http://www.msktc.org/sci/factsheets/adaptive_sports

MSKTC offers a fact sheet on Adaptive Sports and Recreation

Move United (formerly Disabled Sports USA and Adaptive Sports USA)

<https://www.moveunitedsport.org/>

451 Hungerford Drive, Suite 608

Rockville, MD 20850

Phone: 301-217-0960

The mission of Move United 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.

The National Center on Accessibility (NCA)

<http://www.ncaonline.org>

Indiana University Research Park

501 North Morton Street, Suite 101

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.

National Park Service: National Parks – Accessible to Everyone

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

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. See <http://store.usgs.gov/pass/access.html> for info on getting an Access Pass for free admittance into various national parks and federal lands.

On the Edge Children’s Foundation

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

1863 Gettysburg Village Dr., Suite 995

PMB 231

Gettysburg, PA 17325

Phone: 717-479-3971

Offers adaptive waterskiing to children.

Outdoors for All Foundation

<https://outdoorsforall.org/>

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.

Project Air Time

www.ProjectAirTime.org

Draper, UT

Phone: 801-706-6076

Email: projectairtime@gmail.com

A non-profit organization that offers hang gliding adventures to people with mobility limitations.

Recreation.gov: Accessibility at Federal Recreation Sites

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

Phone: 877-444-6777 (Toll-free)

This site has information on accessible recreation on federal lands.

Shaka Surf Camp in Costa Rica

<http://www.shakacostarica.com>

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.

Shake-A-Leg Miami

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

2620 South Bayshore Drive

Coconut Grove, FL 33133

Phone: 305-858-5550

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.

SPLORE

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

4029 South Main St.

Salt Lake City, UT 84107

Phone: 801-484-4128

E-mail: info@splore.org

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

Sports Abilities

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

This site provides a calendar for each state and invites organizations to post their adaptive sports competitions or opportunities. There are also national calendars for 27 different activities.

STRIDE (Sports and Therapeutic Recreation Instruction/Developmental Education)

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

4482 NY Highway 150

West Sand Lake, NY 12196

Phone: 518-598-1279

E-mail: info@stride.org

Some of their winter programs are in Massachusetts.

The Treehouse Guys

<https://thetreehouseguys.com/universally-accessible/>

Email: info@treehouses.org

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

Turning Point

<http://www.turningpointnation.org>

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.

U Can Do

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

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

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.

U. S. Adaptive Recreation Center

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

P.O. Box 2897

Big Bear Lake, CA 92315

Phone: 909-584-0269

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.

WAVES (Wheelchairs and Veterans Enjoying Summer) Inc.

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

754 Shore Walk

Lindenhurst, NY 11757

Phone: 631-957-1838

Email: kipsboat@msn.com

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.

Wilderness Inquiry (WI)

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

1611 County Rd. B West, Suite 315

St. Paul, MN 55113

Phone: 612-676-9400

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.

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.

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