



Physical Activity and Recreational Resource Guide: Massachusetts

Organizations and programs providing physical
activity opportunities for children with special needs

Updated September 2009

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Introduction

Community-based sports and recreation activities are beneficial to children on many levels. They provide children with an opportunity to make friends, to exercise and to improve fitness and to increase self esteem. This Physical Activity and Recreation Resource Guide provides a sample of programs and opportunities that we are aware of primarily in Massachusetts (some New England area).

This Guide was developed in 2005 and most recently revised in July 2009. If you know of other recreation programs that should be included in this guide please contact Maria Fragala-Pinkham at mfragala@fhfc.org or (617) 254-3800 x 2280.

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INTEGRATED SPORTS AND RECREATION PROGRAMS

Marlboro United Sports: Contact Info: Karen Rae: (508) 624-0054

An integrated sports program open to children with special needs in the Marlboro area. The program includes soccer in the fall, basketball in the winter, and track in the spring. Participants in the program are encouraged to bring their friends or siblings.

Outdoor Explorations: www.outdoorex.org Contact Info: (781) 395-4999; info@outdoorex.org; 98 Winchester Street, Medford, MA 02155

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.

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

Program for Boston residents with disabilities ages 8-22. The program provides structured, weekly opportunities on Saturdays for participants and their families to make new friends, have fun, learn and grow. Each site will have a maximum of 16 participants to ensure a low participant to staff ratio. Enrollment at each site is on a first come, first served basis. The program runs three Saturdays a month from 9:00AM to 1:00PM at the following locations:

Blackstone Community Center 50 W. Brookline Street Boston, MA 02118 (617) 635-5162	Curtis Hall Community Center 20 South Street Jamaica Plain, MA 02130 (617) 635-5193	Paris Street Community Center 112 Paris Street East Boston, MA 02128 (617) 635-5125
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Camp Joy: www.cityofboston.gov/BCYF/

Camp Joy is a summer camp through B.C.Y.F. for Boston residents with disabilities ages 3 to 22 years. The camp provides structured, daily opportunities for participants to make new friends, have fun, learn and grow during the summer months. February and March enrollment dates for mid July through mid August.

ADAPTED SPORTS AND RECREATION PROGRAMS

Franciscan Hospital Adapted Ice Skating Program: Contact Info: Maria Fragala-Pinkham, PT (mfragala@fhfc.org or 617 254-3800 x2280) The goals of this adaptive 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.

Professional skating instructors provide group lessons. Ice walkers and ice sleds are available. The program usually runs for 10 weeks in the fall (September to November).

Adapted Ice Skating Program: This program (formerly the Genesis Fund skating program) is for skaters age 4 yrs to 30s with a range of disabilities, including autism, Down syndrome and other developmental disabilities. The program is run by Debbie Martin who is a Board Certified Behavior Analyst and Special Needs teacher. There are several volunteers that assist Ms. Martin, including "walkers" who escort skaters needing extra assistance. The group meets on Sundays from 10-11am at the Skating Club of Boston in Brighton (Soldiers Field Road). The cost is \$10 per session and the ratio is 2 students per coach. Starts November 2009. To register, contact Debbie Martin at debbily77@gmail.com

Special Olympics of Massachusetts: www.specialolympicsma.org Contact Info: (978)-774-1501 or (978)-750-4686; 450 Maple Street Building 1, Danvers, MA 01923-4009 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. Sports offered include:

- | | | |
|----------------------|------------------|-----------------|
| * alpine skiing | * fishing | * snowboarding |
| * aquatics | * floor hockey | * speed-skating |
| * athletics | * golf | * soccer |
| * basketball | * gymnastics | * softball |
| * bocce | * horseshoes | * tennis |
| * bowling- ten pin | * Nordic skiing | * volleyball |
| * bowling- candlepin | * powerlifting | |
| * cycling | * race walking | |
| * equestrian | * roller-skating | |
| * figure skating | * sailing | |

AccessSport America: www.accessportamerica.org Contact Info: (866) 457-7678 or (978) 264-0985; betty@AccessSportAmerica.org 119 High Street, Acton, MA 01720 Offers windsurfing, canoeing, kayaking, rowing, waterskiing, kite sailing, tennis, wall climbing, cycling, and soccer. AccessSport America adapts and creates its own equipment including windsurfing catamarans, seats, harnesses, hearing devices, rowers, and kayaks. Summer programs are offered at the pier at Spaulding Rehabilitation Hospital and at Mass Hospital School in Canton. Programs are held at Oak Square YMCA throughout the year.

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

The ARC of East Middlesex: www.theemarc.org Contact info: (781) 942-4888 or Rec@theemarc.org Non-profit organization serving children with disabilities from Burlington, Everett, Lyn, Lynnfield, Malden, Medford, Melrose, North Reading, Reading,

Saugus, Stoneham, Wakefield, and Woburn. Recreation programs include adapted aquatics, music therapy groups, and creative movement groups, among others. Programs typically run 6-8 weeks and have a fee in addition to the \$40 ARC annual membership dues.

Children's Physical Developmental Clinic (Bridgewater State College): 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. \$85/child for an 8 week session. Contact Info: Sheila Campbell (508) 531-1776 Mon-Fri 8AM-5 or email scampbell@bridgew.edu

TOP Soccer: www.mayouthsoccer.org/pages/95_top_soccer.cfm

A soccer program for children with disabilities. Programs typically last between 6-8 weeks. The following communities are involved in the TopSoccer Program: Acton, Bridgewater, East Bridgewater, Hamilton, Hingham, Holden, Lowell, Needham, Quincy, Sandwich, Somerville, Wakefield, Wilmington, Winchester, Blackstone Millville. Visit the website for contact information for other individual clubs and instructions on how to start a new Top Soccer program.

Contact Info for Somerville program: John Teves: (617) 877-0612; jteves@rcn.com
September 13, 2009-October 25, 2009; 1-2PM @McCarthy Field 150 Glen Street
Somerville, MA 02145

Little League Challenger Division: ww.littleleague.org/divisions/challenger.asp

Contact Info: David James: (570) 326-1921 x 217; djames@LittleLeague.org

For boys and girls with physical or mental disabilities ages 5-18 years to enjoy the game of baseball. Teams are set up according to ability rather than age. Little league Challenger program uses buddies to encourage and assist players when needed.

Massachusetts Little League: The following is a sample of little league districts with Challenger Divisions in Massachusetts. Contact you local district to find out if there is a Challenger Division in your area or use information from the Little League Challenger Division website to start a new program in your area.

Danvers National Little League (Challenger Division, District 15):

www.danversnats.com/challenger.htm Contact Info: Karen Devaney (978) 774-0520;
KDev4215@aol.com

Jason Roberts Challenger League:

leaguelineup.com/welcome.asp?cmenuid=1&url=jasonrobertschallengerleague&sid=161913077 Contact Info: Bill Hubbard: (617) 364-9249; Luis@LPedraza.com 94 Sprague St.
Readville, MA 02136,

Malden West Little League (Challenger Division, District 12):

Contact Info: Marie Shea: (781) 322-3799 (home) or (781) 521-0156 (cell);
mfs104@comcast.net

Middleboro Little League (Challenger Division):

www.eteamz.com/MiddleboroLL/news/index.cfm?cat=298626 Contact Info: Karen Christmas: (508) 923-1161 or Lisa Adelman: (508) 923-6219; Challenger League Director- Steve Adelman: lisakelsi@yahoo.com; stephen.adelman@us.army.mil

Swansea Little League (Challenger Division, District 6):

www.swansealittleleague.org/challenger.html Contact Info: Mike and Brenda Hyland:
(508) 672-4931

Miracle League of Massachusetts: www.miracleleagueofma.com Contact Info:

Lauren Richardt: (978) 263-3043 or (978) 430-8914 (cell); laurenrichardt@yahoo.com
Formerly known as the Miracle League of Boston, this non-profit organization providing children with both mental and physical challenges the opportunity to play baseball. Each child is paired with a "buddy" who helps them play the game. Games are currently played in Boxborough, MA.

ACEing Autism: www.aceingautism.com Contact Info: aceingautism@gmail.com;

11 Thurston Rd, Newton, MA 02464

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.

Kartwheels in Motion, Inc: www.kartwheels.org Contact Info: Jeannie Watson:

(781) 893-6516; 526 North Avenue, Weston, MA 02493

A nonprofit recreational activity program for children with developmental and physical challenges in the MetroWest region.

Kids in Disability Sports (K.I.D.S.): www.kidsindisabilitysports.com Contact Info:

(866) 712-7799; info@kidsinc.us ; 220 Pawtucket St., Lowell, MA 01854

Nonprofit organization located in Lowell, MA with a mission to improve the quality of life for children and adults with disabilities through sports, social, recreational and educational programs. Sports programs include bowling, basketball, karate, gymnastics, fitness, swimming, baseball, golf, and track and field.

Massachusetts Department of Recreation Universal Access Program:

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

Lose the Training Wheels: <http://losethetrainingwheels.org/> Contact Info: Marynell

Henry: mnhenry@comcast.net ; Scituate, MA

Week long training program for children with disabilities focused on learning how to ride a two wheeled bicycle. August 3-August 7, 2009. The camp provides specialized equipment as well as encouragement. A fee is required.

THERAPEUTIC HORSEBACK RIDING

Therapeutic riding may assist with improving a child's self-esteem, balance, posture, strength and flexibility. The **North American Riding for the Handicapped Association** (www.narha.org) and other resources have recommended several riding centers in MA:

**NARHA Certified Therapeutic Riding Instructor/ NARHA Premier Accredited Center*

<p>Animals for Healing at Legacy Farm Geraldine O'Connor Raucher 26 Strong St Easthampton, MA 01027 (413) 527-4705 raucher6@charter.net</p>	<p>Dr. Franklin Perkins School: Rein In A Dream Program*: Cherie Ansin 971 Main St Lancaster, MA 01523 (978) 368-1741 cansin@perkinschool.org www.perkinschool.org/</p>
<p>Briggs Stable, LLP Erin Wiggin 623 Hanover St Hanover, MA 02339-2157 (781) 826-3191 www.briggsstable.com</p>	<p>ElfnWood Stables, Inc. PO Box 877 West Barnstable, MA 02668 (508) 420-0373 support@elfnwood.org www.elfnwood.org/</p>
<p>Can Do Equestrians, LLC Patrice Nowak* P.O. Box 11 Rutland, MA 01543 (508) 450-4263 (mobile) patrice_nowak@yahoo.com</p>	<p>Equus Therapeutic, Inc. 651 Henderson Road Williamstown, MA 01267 (413) 458-8427 lhgross@adelphia.net www.equustherapeutic.org/</p>
<p>Challenge Unlimited, Inc. & Ironstone Therapy @Ironstone Farm 450 Lowell Street Andover, MA 01810 (978) 475-4056 www.challengeunlimited.org Info@ChallengeUnlimited.org</p>	<p>Flying High Farm: Animal Assisted Psychotherapy Christine Randle* 615 Leominster Rd Lunenburg, MA 01462 (978) 582-7103 christine@flyinghighfarm.com www.flyinghighfarm.com</p>
<p>Dare To Dream Educational Farm Programs, Inc.* : Sandra Whitmore 16 Daniel Shays Hwy Orange, MA 01364 (978) 575-0341 sandy@crimsonacres.org www.crimsonacres.org/dream.html</p>	<p>Forge Works Farm, LLC Christine Mahan 21 Campbell Court Rutland, MA 01543 (508) 886-2002 chrismahan@charter.net www.forgeworks.net</p>
<p>Friends for Tomorrow, Inc.* Allie Dingman 131 Weston Rd Lincoln, MA 01773 (781) 259-8909 freindsfortomorrow@gmail.com www.friendsfortomorrow.org</p>	<p>Seapony Farm: Nantucket Therapeutic Equestrian Center, Inc. : Catherine Conte PO Box 23 21 Crooked Lane Nantucket, MA 02554 (508) 751-2850 cec378@aol.com ; www.seaponyfarm.com</p>

<p>Greener Pastures (Cheri Patron) 124 Proctor Rd Chelmsford, MA 01824 (978) 244-1144 matthewpatron@comcast.net www.flyingchangestables.com</p>	<p>Pioneer Valley Therapeutic Riding Association* Patricia Barry PO Box 944 Belchertown, MA 01007 (413) 668-8260 p50barry@aol.com www.pvtra.com</p>
<p>Greenlock Therapeutic Riding Center* Edith Wislocki 55 Summer St Rehoboth, MA 02769 (508) 252-5814 greenlock1@tmlp.com www.greenlock.org</p>	<p>Prayers Answered Therapeutic Horsemanship Carrie Keese P.O. Box 175 Shirley, MA 01464 (978) 425-2725 cmksmiles@aol.com</p>
<p>Handi Kids* Jane M. Pariseau 470 Pine St Bridgewater, MA 02324 (508) 697-7557 jpariseau@handikids.org www.handikids.org</p>	<p>Teaberry Knoll Academy of Therapeutic Riding, Inc.* : Roberta L. Delrosso 201 Miller St Seekonk, MA 02771 (508) 336-6555 roses6@earthlink.net TallyHo@teaberryknoll.com</p>
<p>Lovelane Special Needs Horseback Riding Program: Debby Sabin 40 Baker Bridge Road Lincoln, MA 01773 (781) 259-1177 debby@lovelane.org www.lovelane.org</p>	<p>Terry Snows' Therapeutic Riding @Dana Hall: 45 Dana Road Wellesley, MA 02482 @Greenwood Farm: 42 Washington St Sherborn, MA (508) 479-6232 www.terrystnow.com/index.html</p>
<p>Tewksbury Hospital Equestrian Farm* PO Box 754 365 E St Tewksbury, MA 01876 (978) 851-5540 www.T-H-E-farm.org</p>	<p>Windrush Farm Therapeutic Equitation, Inc.* 30 Brookview Road Boxford, MA 01921 (978) 682-7855 wfte@windrushfarm.org www.windrushfarm.org</p>
<p>Therapeutic Equestrian Center, Inc Judith Zedonis 537 Northampton Street Holyoke, MA 01040 (413) 532-1462 TEC5321462@cs.com</p>	<p>Mass Hospital School 3 Randolph Street Canton, MA 02021 Indoor year round arena (781) 828-2440</p>
<p>Therapeutic Riding at Breezy Hill* 583 Adams St. Holliston, MA 01746 (508) 429-6626; therapeutic@bhfhorses.com; www.bhfhorses.com</p>	

ADAPTED ALPINE SKIING

Ability Plus, Inc: www.abilityplus.org/

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

<u>Attitash/Bear Peak</u> Bartlett, NH Contact Info: Eric Corbett (603) 374-2688 attitash@abilityplus.org	<u>Nashoba Valley</u> Westford, MA Contact Info: Al Bevington (978) 692-3033 nashoba@abilityplus.org
<u>Gunstock</u> Gilford, NH Contact Info: Nancy Ripley (603) 293-4341 x 165 gunstock@abilityplus.org	<u>Stowe</u> Stowe, VT Contact Info: Cynthia Needham (800) 253-4754 x 3681 stowe@abilityplus.org
<u>Mount Washington Resort</u> Bretton Woods, NH Contact Info: Cris Criswell (603) 278-3398 adaptiveprogram@mountwashingtongresort.com	<u>Wachusett Mountain</u> Princeton, MA Contact Info: Ric Patrick (978) 464-2300 x 3308 wachusett@abilityplus.org
<u>Mt. Snow</u> Mt. Snow, VT Contact Info: Sue Tatem (802) 464-1100 x 4699 mountsnow@abilityplus.org	<u>Waterville Valley</u> Waterville, NH Contact Info: Jim Wall (603) 236-8311 x 3175 waterville@abilityplus.org

ADAPTIVE SWIMMING AND AQUATIC THERAPY

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

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

Andover	Andover/North Andover YMCA Andover, MA (978) 685-3541	Natick	Wellesley S.T.A.R.S. Swim program held January to June/ Team competes in Special Olympics Natick, MA Contact: Karen Bernardo Kcbernard2@aol.com
Boston	Mason Pool Boston, MA (617) 635-5241	Quincy	South Shore YMCA Quincy, MA (617) 479-8500 (Lessons on Sundays for children with special needs.)

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
Framing-ham	Suburban Athletic Club Framingham, MA (508) 879-6544 (integrated)	Sudbury	Atkinson Pool Sudbury, MA (978) 443-1092
Lowell	Greater Lowell Family YMCA 35 YMCA Drive Lowell, MA 01852 greaterlowellymca.tripod.com/ (Adaptive Aquatics)	Marble-Head	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)
Reading	Burbank YMCA: Adapted aquatics programs offered at the Y through the ARC of East Middlesex www.theemarc.org Contact info: (781) 942-4888 or Rec@theemarc.org	West Roxbury	Draper Pool West Roxbury, MA (617) 635-5021
Hanover	Healthtrax Hanover, MA (781) 826-1300(integrated)		

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 semiprivate or small group sessions. Your child's physical therapist may be able to talk to the martial arts center and assist the instructor in adapting the activities so that they are suitable for your child.

The following are a few of the sites in Massachusetts that we know of that offer programs or have experience including children with special needs in their programs: (next page)

Toyko Joe's Studio of Self Defense 499 Trapelo Road Belmont, MA 02478 (617) 484-4350	Guard Up, Inc. Burlington, MA (781) 270-4800 (Also offers fencing)	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)
One Step Beyond 1231 Hyde Park Avenue Hyde Park, MA 02136 (617) 364-9563	New England Small Circle Jujitsu Academy 2 Merrill Street Woburn, MA (781) 932-9366 www.jujitsudefense.com/youth.htm	

DANCE

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

www.bostonballet.org/educationoutreach/adaptivedance.html Contact Info: (617) 456-6359; 19 Clarendon Street, Boston, MA 02119 Program designed for children with Down syndrome to learn movement, creativity, and focus skills. It is a 10-week program beginning in the fall, with weekly one-hour sessions.

BOATING AND ROWING

Community Boating Inc.: www.community-boating.org Contact Info: (617) 523-1038; 21 David Mugar Way, Boston (On the Charles River Esplanade between the Hatch Shell and Longfellow Bridge) Specialized, accessible sailboats and transfer equipment, dedicated staff to get in and out of boats, and sailing instruction are available. The Junior Program costs \$1 per child for the whole summer and runs from June through August.

Universal Access Paddling Program: www.outrechop.com/universal.htm Contact Info: EMS Kayak School: (603) 325-2088. Call to make a reservation. Outdoor Recreation of Hopkinton will be running the Universal Access paddling program for individuals with disabilities in conjunction with the Massachusetts Department of Conservation and Recreation this summer. Schedule: Thursdays from 10-4 at the Hopkinton State Park and Fridays 10-4 at Spot Pond for supported kayak tours of the lake with a certified adaptive paddler instructor and lifeguard(s). The program will be subsidized by the state and each participant will be asked to pay a very small fee (\$5.00 per person with one free guest; additional guests are \$8.00).

BICYCLING PROGRAM

Loose the Training Wheels: Contact Information: (<http://losethetrainingwheels.org>) The mission of Lose The Training Wheels™ is to teach individuals with disabilities to ride a conventional two wheel bicycle and become lifelong independent riders. They hold 1 week bike camps across the US so check the website for their 2010 schedule for a nearby location. They held one camp session in 2009 in Scituate.

PARKS, TRAILS, AND BEACHES

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

Roger Williams Park Zoo: www.rogerwilliamsparkzoo.org Contact Info: (401) 941-3910; 1000 Elmwood Avenue, Providence, RI 02907
Open everyday, except Christmas

Wheelchair Accessible Trails:

www.traillink.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
Nashu Ayer to Hollis	Nashua River Rail	Length: 11 mi
Northampton/Florence	Northampton Bikeway	Length: 2.6 mi

Accessible Parks and Beaches: 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

American Camping Association of New England: www.aca-camps.org
find.acacamps.org/finding_advanced.php Contact Info: (508) 647-4890; 214 N. Main Street,
 Suite 104, Natick, MA 01760 Offers guidance to help match your child's needs and
 interests with specific New England camps.

Associated Grantmakers: www.agmconnect.org/summerfund Contact Info: (617) 426-
 2606; 55 Court Street, Suite 520, Boston, MA 02108
 Offers a "Summer Fund Camp List" available on website. Generates resources to support and
 strengthen summer camps serving low-income neighborhoods in MA.

Easter Seals Massachusetts: www.eastersealsma.org Contact Info: (800) 244-2756
 484 Main Street, Worcester, MA 01608
 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.

Federation for Children with Special Needs: fcsn.org/summercamps/index.php
 Summer Fun 2008 Directory with camp listings (\$5 PDF, \$13 for book)

MDA's Summer Camp is for children, ages 6 -17, who have one of the 43 diseases MDA covers. The camp lasts a week and is free. All activities at Summer Camp are fully accessible for children with disabilities and include boating, swimming, gardening, adaptive sports, and other fun activities. For more information call your local MDA office by dialing 1-800-572-1717.

Shake-A-Leg Summer Camps: www.shakealeg.org; Contact Sarah Kirwin, Program Director: skirwin@shakealeg.org. 1-888-742-5325

Summer camp opportunities in Rhode Island for kids (7-12) and teens (13-17) from across New England disabled by neurological dysfunction. Confidence is Cool Children's Camp has three one week sessions, while the Continuing Confidence Teen Camp has two one week sessions. Both sessions run from 10am to 3pm Monday-Friday. Cost is \$75 per week. Scholarships are available.

Warmlines: www.warmlines.org; Contact Info: (617) 244-INFO

Provides a guide to summer day camps. (Paid membership for access to community resources. Fee assistance available.)

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 Contact Info: (413) 788-9695; 367 Pine Street, 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.

Shake-A-Leg: www.shakealeg.org Contact Info: (401) 849-8898; PO Box 1264 Newport, RI 02840

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.

New England Wheelchair Athletic Association: www.newaa.org Contact Info: (781) 830-8751; 3 Randolph Street, Canton, MA 02021

NEWAA is a regional sports organization of Wheelchair Sports USA. Anyone who has a mobility-limiting physical disability, from novice to elite athlete, is encouraged to participate in NEWAA events. Individuals compete against others of 'Similar Ability' based on a Classification System. There are three age divisions: Juniors (up to age 21), Adult (21 to 39), and Masters (40 & over).

National Disability Sports Alliance: www.ndsaonline.org Contact Info: (401) 792-7130; 25 W. Independence Way, Kingston, RI 02881

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

America's Athlete's with Disabilities: www.americasathletes.org Contact Info: (800) 238-7632; 8630 Fenton Street, Suite 920, Silver Spring, MD 20910

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.

National Center on Physical Activity and Disability: www.ncpad.org Contact Info: (800) 900-8086; 1640 W. Roosevelt Road, Chicago, IL 60608

An information center concerned with physical activity and disability. Includes links to programs by state, exercise benefits for individuals with various conditions, links to research and information about starting new programs

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-and-patients/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.