

# **EXERCISE YOUR ABILITY**

★ **THE ULTIMATE GUIDE** ★  
**TO SPORTS  
AND RECREATION  
FOR PEOPLE  
WITH DISABILITIES**

**NYC SPORTS COMMISSION**



New York City is home to an unparalleled array of adaptive sports resources. Whether athletes seek recreation or rehabilitation, they will find it on the five boroughs' accessible playing fields. We are proud to be part of the progress that has been made in adaptive sports, and we applaud all of those who have made the playing field accessible to everyone.

This book, and the City's continued efforts to involve all New Yorkers in sports, are dedicated to the athletes who have made New York the Sports Capital of the World.



Dear Friends:

It is a pleasure to present the online edition of the adaptive sports publication, *Exercise Your Ability: The Ultimate Guide to Sports and Recreation for People with Disabilities*. This resource provides a comprehensive listing of all the sports and recreation opportunities available to the residents of the City of New York and our visitors. The information in this directory also gives readers the opportunity to explore many of the engaging athletic adaptive sports programs available throughout the United States.

New York City attracts some of the most exciting and prestigious athletic events in the world, featuring athletes at all ability levels. Disabled athletes have provided the City of New York with many achievements in the areas of sports and recreation that have served as great exhibitions of their many talents. This guide provides a listing of programs that people with disabilities can use to supplement their sporting and recreation needs. Through the New York City Sports Commission, NYC & Company and the Mayor's Office for People with Disabilities, it is our mission to provide the most complete adaptive sports opportunities and encourage the highest levels of participation in sports for persons with disabilities.

Sincerely,

A handwritten signature in black ink, reading "Michael R. Bloomberg".

Michael R. Bloomberg  
Mayor

Dear Friends:

We are delighted to release the online edition of *Exercise Your Ability: The Ultimate Guide to Sports and Recreation for People with Disabilities*. This guide is a valuable resource for people of all abilities, both in New York City and throughout the United States. *Exercise Your Ability* offers a vast selection of sports and recreational programs, ranging from horseback riding in New York City to scuba diving in California. This well-researched guide, containing information and contacts for more than 200 organizations, will help people find the program that best meets their adaptive sports needs.

If there is a particular sports or recreational program that you feel should be represented in this guide that is currently missing, please call 877-NYC-SPORTS so that we may continue to update our comprehensive list of programs.

Sincerely,

A handwritten signature in black ink, reading "Kenneth J. Podziba".

Kenneth J. Podziba  
Commissioner

# The New York City Sports Commission

Created in 1986 to foster the development of amateur and professional sports throughout New York City, the Sports Commission is committed to attracting athletic events to the City for the purpose of enhancing its economy and providing residents and visitors with the most exciting array of sports in the nation. In December 2008, the Sports Commission was integrated with NYC & Company, the official marketing, tourism and partnership organization for the City of New York.

A growing number of the more than 55 million people with disabilities in the United States are experiencing the joy and challenges of sports participation and developing greater self-esteem, athletic skills and perseverance to overcome obstacles. Nowhere is that more apparent than in New York City.

Annual events such as the Mayor's Cup Wheelchair Basketball Tournament and the Hope & Possibility 5-Mile Run/Walk, as well as special events such as the Invacare World Team Cup wheelchair tennis tournament, are examples of the Sports Commission's continued commitment to advance the adaptive sports movement in New York City.

## The New York City Sports Commission

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For more information about the New York City Sports Commission, please visit [nycgo.com/sports](http://nycgo.com/sports).

## Acknowledgments

A special thanks to the many people from all the organizations, venues and programs who have helped put this resource guide together. Without your suggestions, advice and guidance, this guide would not have been published.

Thank you to Marla Runyan and Erik Weihenmayer for sharing your inspirational stories about how you overcame obstacles to achieve great success in your respective sports.

The New York City Sports Commission also would like to thank Matthew Sapolin, Commissioner of the Mayor's Office for People with Disabilities, and his staff for their tireless efforts in supporting this project from its inception. This guide would not have come to fruition without Matt and his devoted staff.

## Exercise Your Ability

<b>Editor</b> Andrew Gould, Deputy Commissioner	Wheelchair basketball players, p22: Alex Lopez	Asphalt Green, p82: Christopher Dabons	Tennis player, p144: © USTA/PVA
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# Born to Run

A Foreword by Marla Runyan

Dear Reader,

I see myself running down the streets of New York City. Above, helicopters clap their propellers while below, motorcycles hum and lead the way. To the side, cheers of encouragement from countless fans energize the atmosphere. Around me, the footsteps of my competitors strike the black asphalt with nothing more than a “tap” before taking flight once again. Inside, I hear the sound of my own breath; inhaling and exhaling in perfect rhythm with my cadence, absorbing the energy that surrounds me.

“A marathon?” That was my first reaction to the idea of competing in the 2002 New York City Marathon. It would mean taking a hiatus from the shorter track races and preparing for a completely different kind of race. A new challenge, no doubt, but one I welcomed, and even sought.

Where there is challenge, there is reward—the pure and simple intrinsic joy of accomplishing something you never knew was possible. This is the driving force within all of us. This is our reservoir of motivation.

For me, running has been my salvation as well as my reward. To move my own body through space, over varied terrain, up and down hills, to breathe, to sweat, to labor and even struggle, reminds me that I am alive. The desire to move is instinctive and within all of us, even those of us with physical limitations.

Growing up in a small Southern California suburb, I was always on the go. There were swimming lessons, gymnastics and countless soccer seasons. When that wasn’t enough, I created fitness circuits in my backyard, sprinting down the grass lawn to the garden and back to the paved covered patio, just to see how fast I could run. I would even race the school bus, hoping to arrive home before it roared down my street. My youthful desire to move, stretch and sprint stayed with me even through the most difficult of times. It might have even saved me.

At age 9, I began losing my sight. Progression was slow and hardly noticeable at first, but when I entered my 4th grade classroom after a summer of outdoor play, I noticed a dramatic change; the books were impossible to read, the chalkboard was a mess of white scratches and dashed lines, and the faces of my classmates were nearly indistinguishable. The diagnosis was Stargardt’s Disease, a juvenile form of macular degeneration. There was no cure and my vision loss would progress to legal blindness.

I quickly learned that life is not about what you see, but how you look at things. Sure, there are things I cannot do because of my poor vision—perform brain surgery, fly an airplane, or even drive a car (although I tried)—but as most anyone with a disability will tell you, disabled is a matter of attitude.

I never thought for a moment that my vision would interfere with my desire to run. I could still see the ground beneath my feet, and for me, that was good enough. So, I took my love of running to Eugene, Oregon, where I discovered something amazing: running was more than an activity or a sport, it was a lifestyle—a way of living, eating and sleeping. Running influenced my way of life so dramatically that it affected my metabolism, my digestion, my mood and even my emotions. With each passing mile, I ran with pure joy and gratitude, until one warm July afternoon, I ran my way on to the 2000 Olympic team.

Back in New York, two years later, I was on unfamiliar ground once again and faced a new challenge. It was not the 26.2 miles of road that lay ahead, but one simple “glitch” in the standard race protocol—how would I see my water bottles? Ironically, I had trained my body to overcome limited sight in such a way that I could contest a 1,500-meter race at the Olympics and even run with the lead pack in a major marathon. When you have a physical limitation, seemingly insignificant tasks can become giant obstacles, but where there are creative minds, there are creative answers. A verbal cue from a cyclist on the side of the road would notify me of an approaching water station, but it was still up to me to grab my bottle as I ran by. It worked, sort of, and it was good enough. As I took the right turn at Columbus Circle and reentered Central Park, I knew I was about to experience a reward unlike any other. The sight of the finish line was so grand that it brought emotion into my eyes and throat. I would ultimately finish fourth, but at that moment, it was pure victory.

It is my hope that every person can discover the rewards of movement. No matter the activity or challenge that awaits you. With creativity and determination, the possibilities are endless. It is with great honor that I take part in this publication—a valued resource that might lead the way to self-discovery—and would like to send a personal “thank you” to the New York City Sports Commission for its creation.

Best of luck on your journey,

A handwritten signature in black ink that reads "Marla Runyan". The script is fluid and cursive, with the first name "Marla" being more prominent than the last name "Runyan".

Marla Runyan

# A Message

from Erik Weißenmayer

Dear Reader,

When I was 13, just a few months before I went totally blind from a rare eye disease called retinoschisis, I remember watching a TV show called *That's Incredible*. I could still see the TV screen out of one eye if I craned forward so I was just a few inches away from the set. Featured one evening was an athlete named Terry Fox. Terry had lost a leg to cancer and was attempting to run across Canada. This was before high-tech prosthetic flex-feet made running easier for amputees. He must have gotten a blister on his stump because I remember vividly the image of Terry hobbling mile after mile on a pair of crutches. The look on his face was a contradiction—full of exhaustion yet filled with exaltation. I thought, “We may lose things in our lives that we think are important, but there is something inside of us that can only be described as a light—a light that feeds on adversity. This light uses hardship as fuel; the greater the challenge, the brighter that light burns. This light has the ability to make us more focused, more creative, more driven and, from time to time, can even transcend the limits of our bodies and give us power.” Terry was like a modern day alchemist, able to take all the lead which life piled on top of him and transform it into pure gold.

It was a year later, after I had gone totally blind, when I received a newsletter in Braille from the Carroll Center—a rehabilitation center for the blind in Newton, Massachusetts—offering a recreational weekend of rock climbing in New Hampshire for blind people. I took my hand and ran it up the wall of my room, thinking who would be stupid enough to take blind kids rock climbing... so I immediately signed up. I was tired of building walls to protect myself from loss. I yearned to breathe in as much joy, as much fulfillment, and as much accomplishment as humanly possible. I didn't want to simply meet people's expectations, I wanted to blast through them so hard that I shattered them into a million pieces. I didn't want to just respond and react to life, I wanted to do something extraordinary.

I knew I couldn't climb with my eyes, but figured I could use my hands and feet as eyes. I found I could do a pull-up and systematically scan my hand across the rock face. Just before I was ready to lose strength in my forearms and fingers, I'd find just enough rock to dig my fingers into—a tiny crack or pocket—enough to keep me secure on the face a few seconds longer. Then I would do another pull-up and start scanning again with my other hand. I left a lot of blood and skin on



the face of that first rock wall, but I finally got to the top.

I've been rock-climbing now for more than 20 years, and there is one thing that hasn't changed since that very first time—the reach. I'm constantly reaching out into uncertainty, hoping, predicting and praying that I'm going to find the next hold, while understanding there are no guarantees. When I've committed my mind and body to the reach—knowing there is absolutely no turning back—that kind of fear is overwhelming. It's the fear of flopping on our face, of looking stupid in front of our friends and colleagues, of learning that we just aren't as good at something as we hoped to be. All those fears conspire against us and paralyze us so that sometimes we decide not to reach out at all. I believe our lives are an ongoing, never-ending process of reaching out into the darkness when we don't know what we are going to find. We are constantly reaching out toward immense possibilities, unseen yet sensed, while others allow the darkness to paralyze them. On my first rock climb, I reached out and found the holds I needed. The experience was so vibrant, so alive and so brilliant that it was almost painful, like a rebirth. The texture of the rock under my hands, the patterns of hot and cold, the wind and sun in my face and, when I got high enough on the wall, the beautiful sound of space all around me all contributed to an awakening. I realized I would never again catch a pop fly or thunder down the basketball court on a fast break, but in front of me were many lifetimes of opportunity, as

long as I understood that everything I needed already existed inside of me or was right in front of my eyes. I simply had to reach.

That first reach led me to the “seven summits,” the tallest peaks on each of the seven continents, and across the finish line of the toughest endurance adventure race on the face of the earth.

I have faith that you too will reach out toward those immense possibilities. Maybe you want to pedal on the back of a tandem bike, cut S-turns down a ski slope on a mono ski, run or wheel yourself through a 10k, or even compete in the New York City Marathon.

The information you need to get started is right here in this resource guide.

One of my heroes, Helen Keller, once said,  
“I am only one, but still I am one.  
I cannot do everything, but still I can do something.  
I will not refuse to do the something I can do.”

I know you won't refuse to do the something you can do! So don't waste another precious second. Reach out and claim your potential. Good luck on your great adventure.

climb high!

Erik W.

Erik Weihenmayer

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**Erik Weihenmayer is the author of *Touch the Top of the World: A Blind Man's Journey to Climb Farther Than the Eye Can See*, the story of his struggle through blindness to some of the highest mountains in the world. His Everest summit was named by *Time* as one of “Sports: Best of 2001,” earning him a *Time* cover story and a congratulatory visit with the president in the Oval Office. His Everest expedition set a number of records, but he's proudest of having more climbers from his team (19) reach the summit in a single day than any team ever before or since. On August 20, 2008, Erik completed his quest to climb the Seven Summits (the highest mountain on each continent). Erik currently sits on the Board of Directors of World T.E.A.M. Sports and is also a leading speaker at corporate, scholastic and nonprofit events. His Everest documentary, *Farther Than the Eye Can See*, has won numerous film festival awards here in the US and internationally. Erik is married and lives in Golden, Colorado, with his wife, Ellie, daughter, Emma and son, Arjun.**





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# History of Adaptive Sports

More than 55 million Americans have disabilities, and over the past two centuries, adaptive sports have grown dramatically, as more leagues, facilities and programs have cropped up with each passing year. Although before 1840 there were no organized adaptive sports, today wheelchair basketball players attend Division I schools on scholarship—and there's no telling what progress these incredible athletes will make in the years to come. The following timeline chronicles some of the most important milestones in adaptive athletes' journey of advancement.

## Historical Timeline of Adaptive Sports

**1840:** Perkins School for Pupils with Visual Disabilities in Boston offered the first physical education program for students with visual impairments.

**1870s:** Ohio's School for the Deaf was the first school for the deaf to offer baseball to students.

**1885:** Football for deaf athletes was introduced in Illinois.

**1888:** Sports clubs for the deaf were created.

**1906:** Basketball was introduced at the Wisconsin School for the Deaf.

**1907:** The Overbrook and Baltimore Schools for the Blind participated in the first telegraphic track and field meet for the visually impaired.

**1922:** CISS, the International Committee of Sports for the Deaf, was founded.

**1924:** Nine countries participated in the first International Silent Games in Paris, France.

**1945:** The American Athletic Association for the Deaf (now called the USA Deaf Sports Association), was founded.

**July 28, 1948:** The inaugural Stoke Mandeville Wheelchair Games was held in Buckinghamshire, England.

Although the Paralympics evolved from this event, it is still held annually and is now called the World Wheelchair Games.

**1949:** The University of Illinois hosted the first national wheelchair basketball tournament.

**1956:** The National Wheelchair Athletic Association was founded. It is now Wheelchair Sports USA.

**1960:** The 9th Annual Stokes Mandeville Wheelchair Games was held six days after the close of the XVII Summer Olympics in Rome. This marked the first time games for athletes with disabilities were contested in the same year and city as the Summer Olympics.

**1964:** The International Sport Organization was founded.

**1965:** The International Summer Games for Athletes With Hearing Disabilities took place in Washington, DC.

**1967:** The National Handicapped Sports Association was founded.

**1968:** The Kennedy Foundation established the Special Olympics international games.

**1976:** US Association of Blind Athletes was founded.

**1978:** The Amateur Sports Act mandated the US Olympic Committee to coordinate national management and oversight of amateur sports,

including competitions for adaptive athletes. The USOC created the Committee on Sports for the Disabled (COSD) to coordinate the development of sports for athletes with disabilities and the Paralympic team.

**1978:** The US Cerebral Palsy Athletic Association was founded.

**1982:** The International Coordinating Committee for Sports for the Disabled in the World (ICC) was founded.

**1984:** The International Olympic Committee recognized the term “Paralympics” and retroactively assigns the name to the Stoke Mandeville Games beginning in 1960.

**1986:** Dwarf Athletic Association of America was founded.

**1986:** The US Les Autres Association was founded.

**1989:** The International Paralympic Committee was founded.

**1990:** The Americans with Disabilities Act (ADA) prohibits discrimination based on disability. As applied to adaptive physical education, sport and accessibility to sports venues, it guarantees access, reasonable accommodations and if the individual is capable, an opportunity to compete with able-bodied athletes.

**1990:** The Individuals with Disabilities Education Act became federal legislation.

**1997:** The Individuals with Disabilities Education Act (IDEA) mandates special education, including physical education, be available to children with disabilities and that physical education programs be tailored to the individual needs of each student, if necessary. Children with disabilities are guaranteed an equal opportunity to participate in athletics.

**1998:** As a result of the Amateur Sports Act, the US Olympic Committee created the US Paralympic Corporation (USPC) to coordinate the management and oversight of the US Paralympic movement. The USPC continues the development of adaptive sports.

**July 26, 1999:** The Invacare World Team Cup wheelchair tennis tournament was held at the USTA National Tennis Center in New York.

**September 30, 2000:** Marla Runyan, despite being legally blind, finished eighth in the 1,500 meters at the Summer Olympics in Sydney. It was the best finish ever by an American woman in that event.

**January 13, 2001:** The first annual Mayor’s Cup Wheelchair Basketball Tournament was held in New York City.

**May 25, 2001:** Erik Weißenmayer became the first legally blind person to reach the summit of Mount Everest.

**June 19, 2001:** IOC and IPC sign an agreement on the organization of

the Paralympic Games, reaffirming that the Paralympic Games, which are the world games for athletes with disabilities, always take place shortly after the Olympic Games, using the same sporting venue and facilities.

**June 29, 2003:** The first annual Hope & Possibility 5-Mile Run/Walk took place in New York City.

**September 18, 2003:** Neil Parry, whose lower right leg was amputated, played on the punt return unit for the San Jose State football team against Nevada.

**September 26–27, 2003:** “Integration Through Sport” was the motto of the first International Paralympic Day 2003, which took place in Bonn, Germany.

**March 9, 2006:** Before the Paralympic Winter Games in Torino, Italy, Nordic skier Jouko Grip (Finland), alpine skier Annemie Schneider (Germany) and Nordic skiing and athletics coach Ulla Renvall (Sweden) were the first inductees into the Paralympic Hall of Fame.

**March 15, 2006:** Canadian Chantal Petitclerc carried her country’s flag in the opening ceremony for the Commonwealth Games (which integrate wheelchair events into non-disabled competition) in Melbourne, Australia. It was the first time an athlete with a disability had that honor in an integrated competition.

**July 29, 2006:** The O&P Extremity Games, an extreme-sports competition for people with limb loss or difference, premiered in Florida.

**September 6–17, 2008:** Nearly 4,200 athletes from a record 148 countries participated in 20 Paralympic sports at the 2008 Paralympic Summer Games in Beijing.



# New York City and State Adaptive Sports and Recreation

## Sports and Recreation for All People

Participation in both amateur and professional sporting events has increased rapidly within the disabled community. The preceding timeline illustrates the steady progression of sports for people with disabilities.

Significant advances toward equal opportunity for the disabled community have been made in recent decades. Much of this is due to the passing of legislation on the federal and state level, including the Americans with Disabilities Act, which paved the way for athletes to compete in a greater number of activities. At the same time, technological improvements within the adaptive equipment industry



have helped to raise the level of participation.

Competitive mainstream sports for those with disabilities have grown in popularity. The Paralympics, the Special Olympics, the Invacare World Team Cup wheelchair tennis tournament and the National Veterans Wheelchair Games are just a few of the world-class events in which disabled athletes now participate.

Individual athletes with disabilities are also receiving considerable attention on the Olympic and collegiate levels. Sarah Will, Neil Parry and Oscar Pistorius are prime examples of individuals who have made it to a premier level of competition despite their disabilities. One of the most decorated women's downhill skiers in American history, Will is a four-time Paralympian in disabled skiing and winner of 12 Paralympic gold medals. Although she was paralyzed below the waist in a 1988 skiing accident, Will has clearly met the challenge of overcoming her disability. She was awarded the US Olympic Spirit Award in June 2002.

Parry sustained a football injury during his sophomore season at San Jose State that required his right leg to be amputated six inches below the knee. On September 18, 2003, three years and 25 surgeries after his injury, Parry returned to the gridiron to play in the first game of his senior season. He then went on to play in each of the Spartans' remaining seven games.

Pistorius, a double-amputee sprinter, first competed in international able-bodied competitions in 2007 after setting numerous world records in competitions against other disabled athletes. He did so well that the International Association of Athletics Federations (IAAF) attempted to ban athletes with prosthetic limbs from Olympic competition, saying the prosthetics offered an unfair advantage. Pistorius successfully petitioned the IAAF to reverse the ruling, and in May 2008, he appeared in the "Heroes and Pioneers" section of the *Time* 100—*Time's* annual list of the world's most influential people—for his work on reversing the ban. Although eligible to compete, Pistorius did not qualify for the 2008 Olympics and instead went on to win gold medals in the 100m, 200m and 400m events at the 2008 Paralympic Games. Parry, Will and Pistorius have been a source of inspiration to all athletes with disabilities through their courage and hard work.

## Exercise and Recreational Activity

Although professional sports certainly cannot be for everyone, we all have the right to exercise, enjoy life and challenge the human body's potential. For both disabled and able-bodied people, sports and recreation can be a meaningful part of life. Physical fitness has been documented to strengthen the heart, lower blood pressure and

cholesterol, and relieves anxiety and stress. It also improves mobility by stimulating muscle growth and joint use.

Cardiovascular exercise strengthens the heart, lungs and circulatory system. Walking, running, cycling, swimming and skiing are all examples of cardiovascular exercise. Strength training is another type of exercise; it can increase muscle growth and endurance. Weightlifting, circuit training and resistance training are all examples of strength training exercise.

Stretching is an important first step before exercise. It allows for an increased range of joint motion, and can improve balance. Always consult your physician before beginning any type of exercise program.

Many adaptive sports could not exist without the assistance of specially designed sporting equipment. Some examples include hand-cranked wheelchairs used in marathon racing, personal flotation devices for swimming and therapeutic saddles for riding, as well as an assortment of adaptive devices for use on the ski slopes. All of these devices enable athletes to pursue their sport of choice without restriction. As a result, athletes and designers are continually looking to improve upon this equipment to ensure that sports remain open to the disabled community. When using any type of adaptive equipment, however, please ensure that proper safety measures are taken. Before exercising, always make sure that the equipment is functioning properly, and that the device suits the special need.

# United Spinal Association

The United Spinal Association is dedicated to enhancing the lives of all individuals with spinal cord injuries or diseases by ensuring quality health care, promoting research, and advocating for civil rights and independence. This organization enables people with spinal cord disabilities to aspire towards richer, more fulfilling lives. United Spinal Association's Sports and Recreation Department offers a wide array of adaptive programs, from all-inclusive to extremely competitive activities.

## United Spinal Association

75-20 Astoria Blvd.  
Jackson Heights, NY 11370  
800-404-2898 tel  
718-803-3782 tel  
718-803-0414 fax  
info@unitedspinal.org  
unitedspinal.org



# The Long Island Bombers

The Long Island Bombers beep baseball team was established in 1997 and is an affiliate of the National Beep Baseball Association. The organization's mission is to provide blind and visually impaired athletes with the opportunity to play the game using a specially designed "beep" baseball and "buzzing" bases. The Bombers' season begins in May and usually consists of a minimum of 10 games against local corporate teams, radio stations, sports teams, civic organizations and other visually impaired beep baseball teams. The Bombers also conduct educational clinics for sighted people to simulate what it is like to be visually impaired. Clinics include blindfolding participants during batting, fielding and base-running.

## The Long Island Bombers

72 North Village Ave., ste. F1  
Rockville Centre, NY 11570  
516-764-2002 tel  
516-764-9544 fax  
info@libombers.org  
libombers.org



# The New York Rollin' Knicks

The New York Rollin' Knicks are one of 24 teams sponsored by National Basketball Association (NBA) teams such as the Los Angeles Lakers, Dallas Mavericks, New Jersey Nets and Portland Trailblazers. Currently, there are more than 185 wheelchair basketball teams across the country in the National Wheelchair Basketball Association (NWBA) and five in the Eastern Wheelchair Basketball Conference (EWBC). The New York Rollin' Knicks are in the EWBC. The New York Rollin' Knicks Wheelchair Basketball Team is currently seeking players (wheelchair athletes), coaches and support staff. In order to try out for the team, you must have a disability as recognized by the National Wheelchair Basketball Association's by-laws. Players' disabilities include, but are not limited to, paraplegia, spina bifida, multiple sclerosis and/or amputee. Able-bodied individuals may seek coaching and support staff positions. The New York Rollin' Knicks practice twice a week and schedule home and away, league and non-league games, as well as tournaments during the season (October through March), such as the Mayor's Cup Wheelchair Basketball Tournament.

Home site:

**Graham-Windham Beacon  
Center at I.S. 195**

625 W. 133rd St. (bet. Broadway  
and 12th Ave.)  
New York, NY 10027

## New York Rollin' Knicks

David Snowden, Jr.  
Madison Square Garden  
Two Penn Plaza  
New York, NY 10121  
212-465-4428 tel  
212-465-6649 fax  
david.snowden@thegarden.com  
nba.com/knicks/community  
nwba.org



# Tri-State Wheelchair Athletic Association

The Tri-State Wheelchair Athletic Association (TSWAA) is a regional sports organization, operating under the auspices of Wheelchair Sports, USA. The Association has more than 80 members in the tri-state region (New York, Connecticut, and New Jersey), consisting of junior (ages 6–18) and adult classifications. TSWAA assists grass-roots organizations in the organizing, educating and training of the disabled athlete. It currently runs three invitationals, three full regional qualifying track meets and a regional qualifying swim meet.

## Tri-State Wheelchair Athletic Association

Ralph C. Armento  
46 Richford Rd.  
Kendall Park, NJ 08824  
201-974-3061 tel  
ralph46@earthlink.net  
tswaa.com



# The Big Apple Games

The Big Apple Games' mission is to provide a safe, nurturing and well-organized program of recreational and competitive activities for New York City boys and girls in grades 5 through 12. The program is designed to accommodate all students, including those with special needs, while creating a positive attitude towards school. The program provides opportunities and support for New York City's youth in developing healthy minds and bodies. This is accomplished by providing youngsters with the chance to learn the importance of teamwork through participation, sharpening athletic skills through coaching and clinics, strengthening competence through practice, and enhancing self-esteem through success.

For more information on the Big Apple Games, go to [schools.nyc.gov](http://schools.nyc.gov) or call 311.



# The Empire State Games for the Physically Challenged

The Empire State Games for the Physically Challenged offers competition in a variety of adaptive sports, plus fitness and training workshops for young people with physical challenges. The program is free to athletes and spectators through the New York State Office of Parks, Recreation and Historic Preservation and supported by the efforts of its volunteers. Athletes are 5–21 years old. Divisions include: visually impaired, blind, hearing-impaired, deaf, spinal-cord injured, amputee, cerebral palsy and les autres (muscular dystrophy, dwarfism, arthritis etc.). Gold, silver and bronze medals are awarded to the winners. Many non-competitive demonstration activities are also available.

## The Empire State Games

SUNY College at Brockport  
350 New Campus Drive  
Brockport, NY 14420-2993  
585-395-5620 tel  
585-395-2310 fax  
[susan.maxwell@oprhp.state.ny.us](mailto:susan.maxwell@oprhp.state.ny.us)

or

1 Empire State Plaza  
Albany, NY 12238  
518-474-8889 tel  
[empirestategames.org](http://empirestategames.org)





# The Adaptive Sports Foundation

The Adaptive Sports Foundation (ASF) is a non-profit organization that offers recreational opportunities to individuals with mental and/or physical disabilities. Located in Windham, N.Y., the foundation has been serving the disabled population since 1984. Originally known as the Disabled Ski Program at Ski Windham, ASF began as a program directed by the Professional Ski Instructors of America – Eastern Education Foundation (PSIAE/EF). ASF has 125 volunteer instructors and serves approximately 1,000 disabled athletes annually. The winter program continues to serve as the PSIA-E/EF research and development center for adaptive winter sports instruction, and as a model for other ski resorts that are interested in establishing adaptive programs. The mission of ASF is to provide year-round sports and recreational activities for physically and/or cognitively challenged individuals. ASF's services are provided in a mountain environment that can increase participants' self-esteem, independence and potential, leading to better health and an active lifestyle.

## Adaptive Sports Foundation

P.O. Box 266  
100 Silverman Way  
Windham, NY 12496  
518-734-5070 tel  
518-734-6740 fax  
asfwindham@mhccable.com  
adaptivesportsfoundation.org



# The Achilles Track Club (ATC)

The Achilles Track Club is an international nonprofit organization established in New York City in 1983 to encourage disabled people to participate with the general public in long-distance running. Dick Traum, ATC's founder and current president, is an above-the-knee amputee marathoner. Achilles provides support, training and technical expertise to runners of all levels and with all kinds of disabilities, including visual impairment, stroke, cerebral palsy, paraplegia, arthritis, amputation, multiple sclerosis, cystic fibrosis, cancer and traumatic head injury. In NYC the club, in association with the NYC Department of Education and the Department of Parks and Recreation, has helped thousands of underprivileged children with disabilities train at public schools. It also operates Achilles 65, a program for disabled seniors at senior citizen centers. Achilles-sponsored athletes compete in many local and national events, including the ING New York City Marathon. Membership in Achilles is free.

## Achilles Track Club

42 W. 38th St., ste. 400  
New York, NY 10018  
212-354-0300 tel  
212-354-3978 fax  
info@achillestrackclub.org  
achillestrackclub.org



# The Double H Ranch

The Double H Ranch, located in upstate New York's Adirondack Mountains, was created in 1991 to serve children with chronic and life-threatening illnesses who are unable to attend traditional camps. There is no charge for children to attend the ranch, which offers year-round programs and support. During Summer Residential Camp, campers ages 6–16 can enjoy activities such as indoor and outdoor swimming, boating, fishing, horseback riding, whitewater rafting, leadership training, tennis, volleyball, baseball and basketball—all under the care of medical professionals and counselors. The Adaptive Winter Sports Program enables children 6–18, with a wide range of physical challenges, to learn how to ski through the use of specially designed equipment. The ranch also has spring and fall weekend programs, which provide children and their families with educational and physical activities and emotional support. Double H has a fully equipped infirmary that provides 24-hour, on-site medical coverage. Facilities include an adaptive playground, a basketball court, a computer lab, indoor and outdoor pools, gardens and an animal petting center.



## The Double H Ranch

A Hole in the Wall Camp  
97 Hidden Valley Rd.  
Lake Luzerne, NY 12846  
518-696-5676 tel  
518-696-4528 fax  
theranch@doublehranch.org  
doublehranch.org



# Fukasa-Kai

Cary Nemeroff of Fukasa-Kai, Inc., a martial arts organization, gives weekly classes in karate at the Jewish Community Center on Manhattan's Upper West Side for children ages 6–13 who are physically and cognitively challenged. Class sizes are kept small to accommodate everyone's needs. Nemeroff, an Asian-accredited, 10th-degree black belt who can communicate with students using American Sign Language, also offers individual training for children and adults in a variety of martial arts.

## Fukasa-Kai, Inc.

P.O. Box 9182  
Bardonia Station  
Nanuet, NY 10954-2156  
917-640-5294 tel  
soke@fukasakai.com  
fukasakai.com



# Gore Adaptive Program

Through the Gore Adaptive Program (by appointment only) at the Gore Mountain Ski & Snowboard School, people of all ages who have disabilities are given the opportunity to develop skiing and snowboarding skills. Students have access to adaptive ski equipment during the two-hour lessons from specially trained instructors.

## Gore Adaptive Program

PO Box 470  
Peaceful Valley Rd.  
North Creek, NY 12853  
518-251-2411, ext. 1005 tel  
info@goremountain.com  
goremountain.com



Gore Recreational  
Adaptive Ski Program

# Greek Peak Adaptive Snowsports (GPAS)

Greek Peak Adaptive Snowsports provides a snow-sports experience for people with disabilities who would normally be unable to participate in the traditional snow-sport teaching process available from Greek Peak's Ski and Ride School. GPAS offers adaptive equipment, snowboards and mono-skis, and the fully accessible Dr. Robert M. Lovejoy Adaptive Ski Center is designed specifically for accessibility and snow sports. The program, which operates from January through March, is suitable for those 6–60 years of age with hearing impairments, visual impairments, amputations, developmental disabilities, autism, cerebral palsy, partial paralysis and other functional differences. GPAS has more than 70 trained volunteers and a staff of 30 certified PSIA-AASI ski instructors and Special Olympics instructors.

## Greek Peak Adaptive Snowsports

Greek Peak Mountain Resort  
2000 NYS Route 392  
Cortland, NY 13045  
607-835-6111 (Sundays, season only) tel  
607-785-8101 (general info) tel  
jmcappellett@yahoo.com  
gpadaptive.org/



# HERO, Inc.

Founded in 1992, HERO (Help Expand Recreation Opportunities) is a voluntary, not-for-profit corporation that provides recreational and leisure opportunities for people with differing abilities. HERO serves children, teens and adults with physical, mental, developmental and emotional disabilities in the Greater New York metropolitan area. The organization runs adaptive tennis, yoga, dance, music, percussive and pet-therapy programs. It also trains professional instructors, and advocates for the rights of people with disabilities. Groups involved in HERO's programs include summer camps, day-treatment sites, vocational-rehabilitation agencies and hospitals.

## HERO, Inc.

2975 Westchester Ave., Ste. 410  
Purchase, NY 10577  
914-251-0804 tel  
hero-ny@hero-ny.org  
hero-ny.org/



# The Lounsbury Adaptive Ski Program (LASP)

Holiday Valley's Lounsbury Adaptive Ski Program teaches students how to ski on an individual basis by concentrating on their abilities, not disabilities, and sending the message that they can achieve any goal. A full range of adaptive equipment—including outriggers, mono-skis and bi-skis—is available to people with disabilities including spinal cord injuries, Down syndrome, spina bifida, cerebral palsy, multiple sclerosis, traumatic brain injury, visual impairment, autism and developmental delay. LASP accommodates individual students seven days a week, and groups on weekdays, throughout the season, which runs from December 26 into March.

## Lounsbury Adaptive Ski Program

Holiday Valley Resort  
PO Box 370  
Ellicottville, NY 14731  
716-699-2345, ext. 4413 tel  
716-699-3504 tel  
716-699-5204 fax  
ski@lounsburyadaptive.org  
lounsburyadaptive.org/



# The National Amputation Foundation (NAF)

The National Amputation Foundation has provided services to amputees since 1919. These services include an amputee-to-amputee program, in which an amputee from the foundation visits or calls a recent amputee to offer support and guidance. NAF also maintains a list of support groups in every state, as well as booklets and pamphlets of special interest to amputees. In addition, NAF coordinates a program that distributes donated medical equipment—such as wheelchairs, shower benches and walkers—to those in need. The foundation has long been focused on the needs of veterans but is also increasingly concerned with civilian amputees, a population that is growing because of injuries from accidents, as well as diseases such as diabetes, cancer and vascular conditions.

## The National Amputation Foundation

40 Church St.  
Malverne, NY 11565  
516-887-3600 tel  
516-887-3667 fax  
amps76@aol.com  
nationalamputation.org





# Olympic Regional Development Authority

The Olympic Regional Development Authority was created by the State of New York to manage the facilities used during the 1980 Olympic Winter Games at Lake Placid. Site of the famous “Miracle on Ice”—the victory of the US men’s hockey team over the Soviet Union—in 1980, the Olympic Center houses four ice surfaces, a concert venue, and the 1932 and 1980 Winter Olympic Museum. ORDA operates two mountains—Gore Mountain and Whiteface—and features top-shelf cross-country skiing at the Olympic Sports Complex. All have adaptive programs and offer accessibility to people with disabilities.

## Olympic Regional Development Authority

Olympic Center  
2634 Main St.  
Lake Placid, NY 12946  
518-523-1655 tel  
518-523-9275 fax  
info@orda.org  
orda.org



# STRIDE

STRIDE (Sports & Therapeutic Recreation Instruction/ Developmental Education) is a nonprofit volunteer organization founded in 1986 that is dedicated to enriching the lives of children and young adults who have disabilities or special needs. The multidisciplinary educational organization offers recreational opportunities and access to sports such as skiing and snowboarding, biking, baseball, sailing, bowling, swimming and golf. STRIDE’s therapeutic programs, which are free to participants and run entirely on a volunteer basis, are designed to develop confidence and a better self-image. STRIDE does not cater to any one type of disability—its programs are open to everyone.

## STRIDE Inc.

PO Box 778  
Rensselaer, NY 12144  
518-598-1279 tel  
518-286-3201 fax  
info@stride.org  
stride.org



# The New York Association for Blind Athletes

The New York Association for Blind Athletes (NYABA) is a charter member of the US Association of Blind Athletes. Its purpose is to increase the number and quality of competitive, world-class athletic opportunities for the blind and visually impaired in New York via grassroots support. NYABA provides athletic coach identification and support, program and event management, and local, regional, national and international representation.

## New York Association for Blind Athletes

828 Fairfield Ave.  
Westbury, NY 11590  
516-997-7873 tel  
info@nyaba.org  
nyaba.net



# New York State Institute on Disability, Inc.

The New York State Institute on Disability, Inc. (NYSID) promotes community opportunities and a support network for people with disabilities and their families. NYSID encourages family togetherness and community inclusion in all activities. The Outings Program teaches “being a fan” as a hobby; rooting for favorite teams, players and performers; and having fun at sports and entertainment events. NYSID also administers Family and Emergency Reimbursement Funds in New York City and runs the Community Assistive and Adaptive Technology (CAAT) Center in Staten Island. NYSID offers a variety of family outings for youngsters with developmental disabilities to baseball, basketball, and hockey games, as well as other special events. The program offers complete ticket packages and game programs for each family group. Participants are allowed to choose the events and dates they wish to attend.

## New York State Institute on Disability, Inc.

Elizabeth Connelly  
Resource Center  
930 Willowbrook Rd., Bldg. 41-A  
Staten Island, NY 10314  
718-494-6457 tel



# The New York Therapeutic Riding Center

The New York Therapeutic Riding Center (NYTRC) conducts year-round therapeutic horseback riding classes for people with disabilities living in the five boroughs of New York City. NYTRC's program, Equestria, serves children and adults with physical, mental and emotional disabilities; students with disabilities in public and private schools; and patients referred by major hospitals and rehabilitation agencies. Equestria classes are staffed by a therapeutic riding instructor who teaches the Equestria students to become skilled riders, and uses the therapeutic riding classes to promote specific rehabilitation goals for the students. For disabled individuals, therapeutic horseback riding leads to improvements in muscle tone, balance, posture, coordination, mobility, memory, attention span, and most importantly, self-image.

**New York Therapeutic Riding Center**  
336 E. 71st St.  
New York, NY 10021  
212-535-3917 tel  
212-535-3917 fax  
info@equestria.org  
equestria.org



# YAI National Institute for People with Disabilities

YAI is a network of non-profit health and human services agencies dedicated to building brighter futures for people with disabilities of all ages and their families. It serves individuals, families and communities in New York City, Nassau, Suffolk, Westchester, Rockland, Orange and Sullivan Counties within New York State. YAI's more than 250 programs and direct services are delivered by a staff of trained professionals and benefit more than 15,000 individuals and their families daily. In addition, YAI holds local and international conferences and publishes diverse educational materials. YAI offers a comprehensive network that includes the following: day and evening services, children's services, family support services, job training and job placement, residential services, recreation and camping, primary health care, specialty services, and certified home health care. Programs and services are provided in a variety of community settings and at home.

**YAI/NIPD Network**  
460 W. 34th St.  
New York, NY 10001-2382  
212-273-6100 tel  
212-268-1083 fax  
yai.org





# New York City Sports and Recreation Venues

## New York City Sports and Recreation Venues

Long a focal point of the sports world, New York City is the proud home of the Yankees, Mets, Knicks, Liberty and Rangers, while the Giants, Jets, Islanders, Devils and Red Bulls play nearby. New York City is also home to the largest marathon and tennis tournament in the world and the site of events ranging from horse racing to sports award shows. This section

is dedicated to the legendary sports venues in the New York City area that continue to contribute to the greatest sports tradition in the world.

### **Madison Square Garden**

The world's most famous arena has a long and storied history in both the sporting and entertainment worlds. The Garden is the home of the New York Rangers, New York Knicks and New York Liberty. Some notable events held there recently include the WNBA and NBA All-Star Games, the World Championships of Freestyle Wrestling, the Big East Tournament, the Millrose



Games, the Visa American Cup and various boxing matches. The Garden can accommodate up to 20,000 people.

#### **Yankee Stadium**

2009 marks the first season for this park, which replaces the famed “House that Ruth Built,” and although the distance from home plate to the wall remains the same, everything else is new and improved. The stadium accommodates 52,325, including standing-room seats, and it’s more accessible than ever.

#### **Citi Field**

Citi Field, also new for the 2009 season, is the home of the Mets. Built in classic brick, but in all other ways completely modern, Citi Field seats 41,800, with wide concourses and better accessibility for all.

#### **The United States Tennis Association Billie Jean King National Tennis Center**

Home of the US Open, the tennis center comprises three stadia and more than 30 nonstadium tennis courts. The centerpiece is the largest tennis stadium in the world, Arthur Ashe Stadium, built in 1996. The state-of-the-art structure seats 23,000 fans. The Center’s two other stadia, Louis Armstrong and Stadium 3, seat 10,000 and 3,500 spectators, respectively.

#### **KeySpan Park**

The minor league Brooklyn Cyclones’ 7,500-seat ballpark is located just steps from the boardwalk in the heart of one of Brooklyn’s most historic

neighborhoods. KeySpan Park offers fans a unique backdrop with views of the Atlantic Ocean beyond the right field wall and the bright lights of the Coney Island amusement park visible beyond the left field wall. In addition to Cyclones’ games, KeySpan Park features concerts and other special events.

#### **Richmond County Bank Ballpark at St. George**

Located adjacent to the Staten Island Ferry terminal, this beautiful 6,500-seat stadium is home to the minor league Staten Island Yankees. Richmond County Bank Ballpark offers fans spectacular views of New York Harbor and the downtown Manhattan skyline. In addition to Staten Island Yankees games, the Richmond County Ballpark features concerts and other special events.

#### **Icahn Stadium**

Icahn Stadium is a state-of-the-art track and field facility located on Randall’s Island, a 480-acre park anchoring Manhattan, the Bronx, and Queens. The 4,754-seat stadium meets International Amateur Athletic Federation (IAAF) specifications for accommodating international track and field events. Overlooking the East River, Icahn Stadium offers a standard 400-meter Mondo surface running track flanked by covered spectator seating and is illuminated by a pair of light towers. The stadium complex also offers locker rooms, showers, and fitness, exercise and meeting rooms.

In addition, a soccer field to the north of the stadium is being outfitted with fencing, lighting and bleachers for spectator events.

#### **New Balance Track and Field Center**

The New Balance Track and Field Center hosts more than 80 meets a year on its banked, 200-meter Mondo surface track. Known as one of the fastest indoor tracks in the world, the Armory is the new home of the National Track and Field Hall of Fame.

#### **Chelsea Piers**

Chelsea Piers Sports and Entertainment Complex is a 30-acre waterfront sports village located between 17th and 23rd Streets along Manhattan’s Hudson River. This project transformed four historic, but long-neglected, piers into a major center for public recreation and waterfront access. Situated on Piers 59-62, and in the headhouse that connects them, the complex features many sports and entertainment opportunities for guests of all ages.

#### **Asphalt Green**

The Green stretches its 5.5 acre sports and training campus across York Ave. between 90th and 92nd Streets in Manhattan. Asphalt Green offers a diverse menu of programs for children and adults.

#### **Riverbank State Park**

Riverbank State Park is a state-of-the-art, 28-acre park that offers a wide variety of recreational, athletic and cultural experiences for people of all

ages, interests, and abilities. The park is located between 138th-145th Streets along the Hudson River. Some of the available facilities include: a softball and football/soccer field; basketball, handball/paddleball, and tennis courts; swimming pools; a skating rink; and a children’s playground with a carousel.

# City of New York Department of Parks and Recreation

New York City is home to thousands of parks and playgrounds that everyone can enjoy. The New York City Department of Parks and Recreation (DPR) offers activities and venues for everyone. DPR is responsible for the maintenance of 14 percent of New York City's land, including 1,000 playgrounds, 800 athletic fields, 550 tennis courts, 63 swimming pools, 14 miles of beaches, 13 golf courses, 12 nature centers, four zoos, four botanical gardens, the United States Tennis Center, and Citi Field and Yankee Stadiums. DPR also runs recreation programs and special events. Athletic programs range from developmental clinics to leagues and tournaments for more advanced players. Neighborhood recreation programs reach out to children and communities throughout the city with activities such as the Winter/Summer Festivals, Playground Associate sites, Readings in the Parks, Summer Fun sites, and mobile units. DPR also provides education and training in the visual and performing arts, computer skills, and college prep. Lastly, DPR offers special events such as the Great Halloween Party, Rock 'n' Rollerblade and Experience Spring. The following list enumerates individual parks and

programs run by, or in conjunction with, DPR that are available to people with disabilities. For more information on recreation at Parks, please call 311.

## Beaches

At Wolfe's Pond Park, Staten Island, there are two informal ramps that can be used for wheelchair access to the beach.

## Playgrounds for All Children

DPR has a number of playgrounds with special accessibility features, such as wheelchair accessible athletic courts and adapted swings. Playgrounds for All Children are designed to provide recreational opportunities for children of all ages and abilities. Playground features include ramped play equipment, wheelchair accessible tables and drinking fountains, and interactive play pieces that appeal to a wide range of children. Some playgrounds also have adjustable basketball backboards that can be raised and lowered for athletes of all abilities. Comfort stations are accessible. DPR has constructed four Playgrounds for All Children.

### Bronx

Pelham Bay Park—Bruckner Blvd. at Middletown Rd.

### Manhattan

Playground 70—Next to P.S. 199, on 70th St., between West End and Amsterdam Aves.

### Queens

Flushing Meadows—Corona Park—111th St., Sautell and 56th Aves.

### Staten Island

Jennifer's Playground—Jules Dr., Elson Ct. and Regis Dr.

## The REACH Program

Available in four boroughs, REACH offers a series of therapeutic recreation and auxiliary education programs that service clients with a primary diagnosis of mental retardation and/or developmental disabilities. These programs cater to people of all ages.

Activities include arts and crafts, modified physical games and team sports, drama and music therapy, adaptive aquatics and many others.

## Department of Parks & Recreation (DPR) Recreation Facilities

The DPR runs 49 recreation facilities (community centers, field houses, nature centers and recreation centers) across the City. Of those, the following indoor facilities are wheelchair-accessible or have limited access. For more information, visit [nycgovparks.org/facilities/recreationcenters](http://nycgovparks.org/facilities/recreationcenters).

(A) = Accessible

(LA) = Limited Access

### Bronx

**Basil Behagen Field House (A)**  
E. 166th St., bet. Tinton and Union Aves.

**Crotona Park Community Center (A)**

(open Sept.–mid-June)  
1700 Fulton Ave. (at 173rd St.)  
718-822-4440 tel

**Owen Dolen Golden Age Center (LA)**  
2551 Westchester Square at E. Tremont Ave.  
718-829-0156 tel  
718-822-4202 tel

**Hunts Point Recreation Center (A)**  
765 Manida St. (bet. Spofford and Lafayette Aves.)  
718-860-5544 tel

**St. James Recreation Center (A)**  
2530 Jerome Ave. (at E. 192nd St.)  
718-367-3657 tel

**St. Mary's Recreation Center (A)**  
450 St. Ann's Ave. (at E. 145th St.)  
718-402-5155 tel

**SCAN Mullaly Community Center (A)**

40 E. 164th St. (at Jerome Ave.)  
718-590-5743 tel

**West Bronx Recreation Center (A)**

1527 Jessup Ave.  
(at 172nd St./Cross Bronx Expy.)  
718-293-5934 tel

**Williamsbridge Oval Recreation Center (LA)**

3225 Reservoir Oval East  
(bet. 208th St. and Bainbridge Ave.)  
718-654-1851 tel

**Brooklyn**

**Brownsville Recreation Center (A)**  
1555 Linden Blvd. (bet. Mother Gaston Blvd. and Christopher Ave.)  
718-345-2706 tel

**Fort Hamilton Senior Recreation Center (A)**

9941 Fort Hamilton Pkwy.  
(at 100th St.)  
718-439-4296 tel

**Herbert Von King Cultural Arts Recreation Center (A)**

670 Lafayette Ave. (bet. Marcy and Tompkins Aves.)  
718-622-2082 tel

**Metropolitan Pool & Fitness Center (LA)**

261 Bedford Ave.  
(at Metropolitan Ave.)  
718-599-5707 tel

**Red Hook Recreation Center (A)**

155 Bay St.  
(bet. Henry and Clinton Sts.)  
718-722-3211 tel 718-722-7105 tel

**St. John's Recreation Center (A)**  
1251 Prospect Place (bet. Troy and Schenectady Aves.)  
718-771-2787 tel

**Sunset Park Recreation Center (A)**

Seventh Ave. at 43rd St.  
718-965-6533 tel

**Manhattan**

**Chelsea Recreation Center (A)**  
430 W. 25th St.  
(bet. Ninth and Tenth Aves.)  
212-255-3705 tel

**Tony Dapolito Recreation Center (A)**

3 Clarkson St. at Seventh Ave. South  
212-242-5228 tel  
212-242-5418 tel

**Hamilton Fish Recreation Center (LA)**

128 Pitt St.  
(bet. Houston and Stanton Sts.)  
212-387-7687 tel

**Pelham Fritz Recreation Center (A)**

18 Mount Morris Park West  
(at 122nd St.)  
212-860-1380 tel

**Hansborough Recreation Center (A)**

35 W. 134th St./Lenox Terrace Place  
(bet. Lenox and Fifth Aves.)  
212-234-9603 tel

**Highbridge Community Center (A)**

2301 Amsterdam Ave. (at 173rd St.)  
212-927-2012 tel

**Thomas Jefferson Recreation Center (A)**

2180 First Ave. (at 112th St.)  
212-860-1383 tel

**Asser Levy Recreation Center (A)**  
Asser Levy Place, bet. 23rd St. and FDR Drive  
212-447-2020 tel

**North Meadow Recreation Center (A)**

Central Park, midpark at 97th St.  
212-348-4867 tel

**Recreation Center 54 (LA)**

348 E. 54th St.  
(bet. First and Second Aves.)  
212-754-5411 tel

**Jackie Robinson Recreation Center (A)**

85 Bradhurst Ave. (at W. 146th St.)  
212-234-9607 tel  
212-234-9608 tel

**Alfred E. Smith Recreation Center (A)**

80 Catherine St.  
(bet. Cherry and Monroe Sts.)  
212-285-0300 tel

**J. Hood Wright Recreation Center (A)**

351 Fort Washington Ave.  
(at W. 174th St.)  
212-927-1563 tel

**Queens**

**Louis Armstrong Community Center (A)**

33-16 108th St.  
(at Northern Blvd.)  
718-651-0096 tel

**Flushing Meadows–Corona Park Pool and Rink (A)**

125-40 Roosevelt Ave. (bet. Avery Ave.

and College Point Blvd.)  
718-271-7572 tel

**Lost Battalion Hall Recreation Center (A)**

93-29 Queens Blvd.  
(bet. 62nd Ave. and 62nd Rd.)  
718-263-1163 tel

**Al Oerter Recreation Center (A)**

131-40 Fowler Ave.  
(at College Point Blvd.; in Flushing Meadows–Corona Park)  
718-353-7853 tel

**Playground for All Children Field House (A)**

111-01 Corona Ave.  
(bet. Saultell Ave. and 111 St.)  
718-699-8350 tel

**Sorrentino Recreation Center (A)**

18-48 Cornaga Ave. (bet. Beach 19th St. and Morse Ct.)  
718-471-4818 tel

**Detective Keith L. Williams Field House (A)**

106-16 173rd St. (at Liberty Ave.)  
718-523-6912 tel

**Roy Wilkins Family Center (A)**

177th St. and Baisley Blvd.  
(at Merrick Blvd.)  
718-276-8686 tel

**Staten Island**

**George M. Cromwell Recreation Center (LA)**

Pier 6 at Murray Hulbert Ave.  
(bet. Bay and Hannah Sts.; in Lyons Pool)  
718-816-6172 tel

**Greenbelt Recreation Center (A)**

501 Brielle Ave. (bet. Walcott and Rockland Aves.; in Blood Root Valley)  
718-667-3545 tel

**Special Events**

Throughout the city, DPR hosts a number of events open to the public, which include ribbon-cutting and ground-breaking ceremonies for new or improved parks. DPR also issues permits for those who wish to plan group activities in the city's parks. To apply for a permit, please contact your local special events office by calling 311.

**Swimming Pools**

The following pools offer access to the disabled, either with ramps or with mechanical lowering arms:

**Bronx****St. Mary's**

450 St. Ann's Ave. (at E. 145th St.)  
Indoor Pool—Mechanical  
718-402-5155 tel

**Crotona**

1700 Fulton Ave. (at 173rd St.)  
Outdoor Pool—Ramp  
718-822-4440 tel  
Seasonal

**Brooklyn****Brownsville**

1555 Linden Blvd. (at Christopher Ave.)  
Indoor Pool—Mechanical  
718-345-2706 x30 tel

**Metropolitan**

261 Bedford Ave.  
(at Metropolitan Ave.)  
Indoor Pool—Mechanical  
718-599-5707 tel

**St. John's**

1251 Prospect Place (at Troy Ave.)  
Indoor Pool—Mechanical  
718-771-2787 tel

**Betsy Head**

694 Thomas S. Boyland St.  
(at Livonia Ave.)  
Outdoor Pool—Ramp  
718-965-6581 tel  
Seasonal

**Red Hook**

155 Bay St. (at Henry St.)  
Outdoor Pool—Ramp  
718-722-3211 tel  
Seasonal

**Sunset Park**

6535 41st St. (at Sixth Ave.)  
Outdoor Pool—Ramp  
718-965-6578 tel  
Seasonal

**Manhattan****Asser Levy**

501 Asser Levy Place  
(at E. 23rd St.)  
Indoor Pool—Mechanical  
Outdoor Pool—Mechanical (seasonal)  
212-447-2020 tel

**Tony Dapolito**

3 Clarkson St. (at Seventh Ave. S.)  
Outdoor Pool—Ramp  
212-242-5228 tel (seasonal)

**Thomas Jefferson**

2180 First Ave. (at E. 112th St.)  
Outdoor Pool—Ramp  
212-860-1372 tel  
Seasonal

**Highbridge**

2301 Amsterdam Ave.  
(at W. 173rd St.)  
Outdoor Pool—Ramp  
212-927-2400 tel  
Seasonal

**Queens****Astoria**

19th St. and 23rd Dr.  
Outdoor Pool—Ramp  
718-626-8620 tel  
Seasonal

**Staten Island****Lyons**

6 Victory Blvd. and Pier 6  
Outdoor Pool—Ramp  
718-816-9571 tel  
Seasonal



# Icahn Stadium



Icahn Stadium provides easy access for guests with disabilities. Designed to meet new requirements of the Americans with Disabilities Act, the following areas are now accessible: restrooms, ticket windows, drinking fountains and seating areas.

## Getting Tickets

Tickets for individuals with disabilities can be purchased the day of the event at the north entrance of Icahn Stadium. If advance ticketing is necessary, please contact the stadium director.

## Gate Opening Times

All gates open one hour prior to events.

## Elevators

Icahn Stadium has an elevator located inside the north entrance. If guests with disabilities require assistance, please notify the nearest Icahn Stadium employee. In the event of an emergency, additional personnel will proceed to the accessible seating areas to provide assistance to guests with disabilities.

## First Aid/Medical

The First Aid Station is located on the Field Level. If medical assistance is needed, please notify the nearest Icahn Stadium employee or go to the First Aid Station.

## Parking

Parking for guests with disabilities is located at the north entrance of Icahn Stadium.

## Concession Stands

Concession stands are located on the concourse level. If guests with disabilities require assistance at any of the food service areas, they can notify the nearest Icahn Stadium employee.

## Restrooms

Restrooms that are accessible for wheelchair guests are in the following locations:

**Outside the stadium:** the north entrance at Field Level

**Inside the stadium:** at the north, east,

and south entrances, on the concourse level, and on the third floor on the south side of the stadium.

## Service Animals

Service animals for guests with disabilities are permitted into Icahn Stadium. Please contact the Icahn Stadium Director if any accommodations are required.

## Getting to Icahn

Icahn Stadium is located on Randall's Island, which is located under the Robert F. Kennedy Bridge in the East River, between Manhattan, the Bronx and Queens. The bridge toll is \$5.50 upon entering; there is no charge to leave the Island.

## Icahn by Subway/Bus

Take the 4, 5 or 6 train to 125th St. and transfer on the northwest corner of 125th St. and Lexington Ave. for the M35 bus to Randall's Island. For MTA bus travel info, call 718-330-1234 or visit [mta.info](http://mta.info).

## Icahn by Car

### From Manhattan:

Get on the Robert F. Kennedy (RFK) Bridge at E. 125th St. Stay left for the exit to Randall's Island immediately after the toll plaza.

### From Queens:

Get on the RFK Bridge from the Grand Central Parkway. Stay right for the exit to Randall's Island immediately after the toll plaza.

**From the Bronx:**

Take the Major Deegan or Bruckner Expressway to the RFK Bridge. Stay right for the exit to Randall's Island immediately after the toll plaza.

**From Long Island and Brooklyn:**

Take the FDR Drive North to the RFK Bridge exit (on right). Stay left up to and after the toll, following the signs to Randall's Island.

**From New Jersey:**

From I-80 or the New Jersey Turnpike, get onto the George Washington Bridge. Follow signs for "Through Traffic" (on the upper level, stay to the left; on the lower-level, stay to the right) to get onto the Cross Bronx Expressway, then take the Harlem River Drive/Amsterdam Ave. exit. Keep left onto the Harlem River Drive, then stay straight to take the FDR Drive South to the RFK Bridge. On the

Bridge, stay left for the exit to Randall's Island, immediately after the toll plaza.

**From Westchester:**

Take I-87 (New York State Thruway) southbound. I-87 will turn into the Major Deegan Expressway. Follow signs to the Triborough Bridge, pass through the tollbooth, and stay to the right. Take the exit for Randall's Island.

**By Foot:**

You can walk across the footbridge from E. 103rd St. in Manhattan onto Randall's Island Park during summer daylight hours. Pedestrians can also walk across on the RFK Bridge from Manhattan, Queens or the Bronx.

**103rd St. Footbridge:**

April 1–30: Open 6am–6:30pm

May 1–September 30: Open 6am–9pm

October 1–30: Open 6am–6:30pm

October 31–March 25: Closed

# Madison Square Garden

**Getting Tickets**

Tickets for individuals with disabilities may be purchased in several ways: Ticketmaster: 212-307-7171 tel or ticketmaster.com

Garden Box Office: in person  
MSG Disabled Services Department:  
212-465-6034 (Mon.–Fri., 9:30am–4:30pm)

**Access Information****Main Entrance**

For your convenience, arrive at the Garden one hour before event time, as you will proceed into the Arena or The WaMu Theater, part of the way, with the general public. Garden personnel are available to assist you whenever possible. There are ramps on both sides of the main entrance

located at Seventh Ave. between 31st and 33rd Sts. To assist with steps from the arcade to the Mall area, there are two wheelchair lifts that can be easily operated by individual patrons.

Please be aware that individuals with tickets who utilize mobility aids (wheelchair, walker, cane, crutches, etc.) may use the 8 Penn entrance located on 33rd St. and Eighth Ave. to avoid the steep ramps in the Box Office Lobby.

**Box Office**

Proceed to the left and past the entrance to the WaMu Theater, and the Box Office is located inside the glass doors. If you are picking up reserved seats, please have your confirmation number and government-

issued identification.

### Arena

#### Floor, Courtside and Rinkside Sections

Proceed to the right and past the entrance to The WaMu Theater. Continue through the glass doors of the Box Office, and make a right. The Tower D elevator is located at the top of the ramp. Proceed to the fifth level of the Arena. For the Rinkside section, follow signs to Gate 52, and for Floor and Courtside sections, follow signs to Gate 54. If entering at 8 Penn, take the Tower C elevator to the second floor and make a left to the Tower D elevator and follow directions above.

#### Zamboni Section

Enter the Garden via 8 Penn on 33rd St. and Eighth Ave. Take the Tower C elevator to the fifth floor and make a left to the Garden Services office. A Guest Services representative will escort you to the Zamboni section. There are wheelchair-accessible restrooms next to the Zamboni section. Club Food Service is available at the Zamboni locations, and concession stands are located on the upper levels.

#### Loge, Lower Press Box, 100, 200 and non-wheelchair 300 Sections

Proceed to the left and past the entrance to the WaMu Theater. There is an elevator located at Tower A to the left-hand side of the Mall area, immediately before the glass doors of the Box Office.

#### 68WC, 69WC, 95WC, 97WC and 100

Proceed to the sixth floor.

#### 200 and non-wheelchair 300

Proceed to the seventh floor.

#### 300 South Level Wheelchair Sections

Proceed to the left and past the entrance to the WaMu Theater. Continue through the glass doors of the Box Office, and make a left up the ramp. The Tower B elevator is located at the end of the corridor. If entering at 8 Penn, take the Tower C elevator to the sixth floor and make a left to the Tower B elevator and follow directions above.

#### 302WC, 303WC, 316WC and 317WC

Proceed to the eighth floor.

#### 300 North and 400 North Wheelchair Sections

Proceed to the right and past the entrance to the WaMu Theater. Continue through the glass doors of the Box Office, and make a right up the ramp. The Tower C elevator is located at the end of the corridor.

#### 327WC & 328WC

Proceed to the eighth floor.

#### 421WC & 422WC

Proceed to the ninth floor. If entering at 8 Penn, take the Tower C elevator to the eighth or ninth floor.

### The WaMu Theater

Please enter the WaMu Theater through the Main Entrance located on Seventh Ave. between 31st and 33rd Sts. Proceed through the Breezeway and take one of the two wheelchair lifts to the Mall level. Proceed to the left and

past the entrance to the WaMu Theater and continue through the glass doors of the Box Office.

#### 200 & 300 Sections: Odd

From the Box Office lobby, proceed to the left and up the ramp to the end of the Tower A-B corridor. The entrance to the WaMu Theater is located on the right-hand side.

#### 200 & 300 Sections: Even

From the Box Office lobby, proceed to the right and up the ramp to the end of the Tower C-D corridor. The entrance to the WaMu Theater is located on the left-hand side.

#### 100-102 Orchestra Sections

From the Box Office lobby, proceed to the right and up the ramp to the end of the Tower C-D corridor. Take the Tower C elevator on the right to the first floor. Proceed directly into the WaMu Theater.

### Getting to the Garden

Madison Square Garden is located on Seventh Ave. between 33rd and 31st Sts. (directly above Penn Station).

#### MSG By Subway

1, 2, 3, A, C or E to 34th St./Penn Station; B, D, F, V, N, Q, R or W to 34th St./Herald Square (one block) or PATH Train to 33rd St.

#### MSG By Train

To Penn Station: Long Island Rail Road, New Jersey Transit or Amtrak. From Grand Central Station: Subway shuttle to Times Square, then take

the 1, 2, 3 subway trains downtown one stop.

#### Amtrak

800-872-7245 tel  
amtrak.com

#### Long Island Rail Road

718-217-5477 tel

#### New Jersey Transit

800-722-2222  
njtransit.com tel

**From Westchester/Connecticut Metro-North to Grand Central Station.** Follow directions from Grand Central Station (above).

#### Metro-North

212-532-4900 tel

#### Path

800-234-7284 tel  
panynj.gov/path/adainformation.htm

#### MSG By Bus

**From Northern Manhattan/Upper East Side:** M4 South

**From Upper West Side/Harlem:** M10 South

**From Downtown/West Side:** M10 North

**From other Manhattan locations:** any North-South bus to 34th St. and transfer to M34 or M16. Disembark at Seventh Ave.

**From Northwest Queens:** Q32.

#### MTA Travel Information for People with Disabilities

718-596-8585 tel  
718-596-8273 TTY  
mta.nyc.ny.us/mta/ada/

### Wheelchair Escorts

Patrons with mobility impairments who do not have access to a wheelchair may request a wheelchair to transport the individual to their seat, free of charge. Please be aware that Garden personnel will not remain with you during the event, nor will they allow you to remain in the wheelchair for the duration of the event.

### Wheelchair Storage

For patrons who wish to transfer to a seat from their wheelchair, staff will store your wheelchair in the gate closest to your section.

### Interpreted Performances

Madison Square Garden provides signed performances for the deaf and hard of hearing for select events. Services are not guaranteed for every event. However, personnel will make every effort to accommodate each request with appropriate advance notice. Contact the Disabled Services Department for further information.

### Assistive Listening Devices (ALD)

#### Arena

Assistive listening devices that operate on an FM system are available for deaf and hard of hearing individuals. Please see a Garden Services representative outside of Gate 65 upon your arrival to arrange for the use of an assistive listening device. You will be required to leave valid identification, such as a driver's license, as collateral. There is no charge for this service.

### The WaMu Theater

Assistive listening devices that operate on an FM system are available for deaf and hard-of-hearing individuals. Please see a Garden Services representative in the Event Manager's office, at Aisle A, upon your arrival to arrange for the use of an assistive listening device. You will be required to leave valid identification, such as a driver's license, as collateral. There is no charge for this service.

### TTY Service/Relay Calls

Speech-impaired, deaf and hard-of-hearing individuals who have access to a TTY machine may call the New York Relay Center at 711 or 800-421-1220 or your local TTY Relay Center. The New York or local Relay Center will then place your call to the Garden. There is no additional charge for this service from the New York or local Relay Center or Madison Square Garden. There is a TTY Pay Phone located at Gate 66.

### Service Animals/Guide Dogs

Service animals are welcome in Madison Square Garden and will rest in the seating area of the individual with a disability, rather than in the aisle. The Garden suggests that the individual have proof of certification or a license for the service animal.

### Ventilators/Respirators

If you require access to an electrical outlet for a ventilator or respirator, please call the Disabled Services

Department, prior to your visit, in order to make arrangements.

### Security

Please call the Sergeant's Office at 212-465-6299 for any security-related concerns.

### Lost and Found

Please call the Sergeant's Office at 212-465-6299 for items lost in Madison Square Garden.

### Elevators

Elevators within Madison Square Garden are reserved for the use of employees, working media and patrons with disabilities. Patrons who require the use of a mobility aid (wheelchair, walker, cane, crutches, etc.) are encouraged to use the elevators. Additionally, patrons who have limited mobility and are unable to climb stairs or use the escalators, but do not require the use of a mobility device, should contact the Disabled Services Department at 212-465-6034, for an elevator pass. Please have the date of the event as well as your section, row and seat number available when calling.

### Emergency Evacuation Procedures

Madison Square Garden personnel have been properly trained in emergency evacuation procedures to ensure the safe evacuation of all patrons, including those guests with disabilities, in the case of an emergency. Additional emergency staff will be assigned to the accessible seating areas to provide

assistance to patrons with disabilities. Please pay careful attention to their instructions.

### Escalators

There are escalators in each of the four Towers (A, B, C and D). Please be aware that, for safety reasons, the escalators are turned off prior to the conclusion of all events.

### Restrooms

Wheelchair accessible restrooms are located throughout the Arena and The Theater and are clearly marked. They are located as follows:

#### The Arena

**Fifth Floor** - Men's & Women's:  
Zamboni, Gates 52 and 54

**Sixth Floor** - Men's: Gate 63 and 67;  
Women's: Gates 60 and 64

**Eighth Floor** - Men's & Women's:  
Towers B and C

**Ninth Floor** - Men's: Sections 407 and 420; Women's: Sections 407 and 425

#### The Theater

**Theater Lobby** - Men's & Women's  
**Orchestra Level** - Men's & Women's  
near Sections 101 and 102

In addition, there is a unisex restroom available for guests with disabilities who may require assistance from a person of the opposite gender or to assist a child for medical reasons. This unisex restroom is located in the Garden Services Office on the fifth floor in the Arena and requires an



escort by Garden security personnel.

### Medical Office

Medical staff is available at every event for medical emergencies. Please request assistance from the nearest Garden employee.

### Parking

Be advised that Madison Square Garden does not own, operate or have an affiliation with any parking facilities. For your convenience, patrons have the option to purchase discounted, pre-paid parking at select garages, when placing their ticket order.

Individuals with disabilities who possess a New York City Special Parking Permit have the option to park on 31st, 32nd or 33rd Sts and also on Seventh and Eighth Aves. Pay careful attention to the rules and regulations on the back of your permit, which informs you where you may and may not park on New York City streets. New York City does not honor the blue New York State, New Jersey, Connecticut or any other out-of-state issued parking hangtag for the disabled or license plate for on-street parking. The Department of Transportation will ticket and/or tow vehicles that do not display the New York City Department of Transportation issued parking permit. For those individuals with raised-roof vans, some of the indoor parking lots cannot accommodate these vehicles due to low clearance.

For more information on parking in New York City, call the Department of Transportation at 718-433-3100. Madison Square Garden is not responsible for any parking tickets, vandalism, etc., incurred while parking for an MSG event or otherwise.

### Contact:

#### Madison Square Garden

Disabled Services Department  
Four Pennsylvania Plaza  
New York, NY 10001  
212-465-6034 tel  
212-465-6649 fax  
disabledservices@thegarden.com

### MTA Customer Service

718-330-3322 tel  
mta.nyc.ny.us/mta/ada/

### Penn Station

#### Amtrak

800-872-7245 or amtrak.com

#### Long Island Rail Road

718-217-5477 tel

#### New Jersey Transit

973-762-5100 tel or njtransit.com

### Grand Central Station

#### Metro-North

212-532-4900 tel  
Path (33rd and Sixth Ave.)  
800-234-7284 tel  
panynj.gov/path/adainformation.htm

## Citi Field



### Ticket and Seating Information

Seating for people with disabilities at Citi Field is available in various sections within the ballpark, subject to availability. Fans interested in wheelchair seating should call the Mets Customer Relations Office at 718-565-4360 for information and assistance in purchasing tickets. Tickets are also sold on game day at the ticket office located inside the Jackie Robinson Rotunda at Citi Field.

### Gate Opening Times

Most turnstiles and ticket-sales windows normally open one-and-a-half hours before the scheduled starting time for each game. The Jackie Robinson Rotunda normally opens

two-and-a-half hours before the game so that fans may arrive early to watch infield and batting practice from their seats. Limited numbers of ticket-sales and reservation windows may open at the same time as Gate C. Opening times may vary for doubleheaders and special game dates.

### Elevators and Escalators

There are 11 escalators located throughout Citi Field: Two extend from the Plaza Level to the Sterling Level. Two connect Plaza to the Field Level (Right Field Gate to Section 109, and Left Field Gate to Section 125). Three connect Field to the Excelsior Level in sections 109, 125 and 139. Two more escalators run from Excelsior to the Promenade Level in sections 306 and 337. An additional two escalators are located on Excelsior in sections 306 and 328 and on Promenade in Section 412. There are also 11 guest elevators around Citi Field. At the Plaza Level: first base VIP entrance and Bullpen Plaza. At the Sterling Level: Delta Sky360 Club. At the Field Level: sections 109, 114, 133 and 142. At the Empire Level: Suite 215 and between sections 201 and 204. At the Excelsior Level: sections 306, 315 and 334. At the Promenade Level: sections 402, 408 and 432.

## Handicapped Parking

There are handicapped parking spaces in lots A, B, D and F. A limited number of spaces are also available in Lot G for guests entering the administration building. Ask the attendant at the parking entrance for directions to handicapped parking.

## Directions from New York City

### From Queens:

Take the Grand Central Parkway East to Exit 9E, the Northern Boulevard East/Citi Field exit; or take the Grand Central Parkway West to Exit 9E, the Citi Field exit.

### From Manhattan:

Take the Robert F. Kennedy Bridge to the Grand Central Parkway to Exit 9E, the Northern Boulevard/Citi Field exit; or take the Queens Midtown Tunnel to the Long Island Expressway to Exit 22A-E, and then to either the Van Wyck Expressway North or the Grand Central Parkway West to Exit 9E, the Northern Boulevard/Citi Field exit.

### From Brooklyn:

Take the Brooklyn-Queens Expressway East to the Grand Central Parkway East to Exit 9E, the Northern Boulevard/Citi Field exit; or take the eastbound Belt Parkway to the northbound Van Wyck. Take the Northern Boulevard exit to the Citi Field exit.

### From the Bronx:

Take the Cross Bronx Expressway to the Whitestone Bridge to the Whitestone Expressway to Exit 13D, the

Northern Boulevard/Citi Field exit; or take the Robert F. Kennedy Bridge to the Grand Central Parkway to Exit 9E, the Northern Boulevard/Citi Field exit. (Note: Ongoing construction work on the Whitestone Bridge could affect travel times. Check local travel advisories before heading out to Citi Field.)

### From Staten Island:

Take the Staten Island Expressway East to the Verrazano-Narrows Bridge to the Brooklyn-Queens Expressway North/East to the Grand Central Parkway. Take Exit 9E, the Northern Boulevard/Citi Field exit.

### Directions from Long Island

Take the westbound Southern State Parkway to the northbound Cross Island Parkway to the Whitestone Expressway to Exit 13D, the Northern Boulevard/Citi Field exit; or take the westbound Northern State Parkway/Grand Central Parkway to Exit 9E, the Citi Field/Northern Boulevard East exit.

## Directions from New Jersey

### From northern New Jersey:

Take the George Washington Bridge to the Major Deegan Expressway (I-87) South to the Robert F. Kennedy Bridge to the Grand Central Parkway to Exit 9E, the Northern Boulevard/Citi Field exit.

### From southern New Jersey:

Take the Goethals Bridge to the Staten Island Expressway East to the Verrazano-Narrows Bridge to the Brooklyn-

Queens Expressway North/East to the Grand Central Parkway to Exit 9E, the Northern Boulevard/Citi Field exit; or take the Bayonne Bridge to 440 South to the Staten Island Expressway East, then follow above directions; or take the Outerbridge Crossing to 440 North to the Staten Island Expressway East, then follow above directions.

## Directions from Connecticut

Take I-95 to the Whitestone Bridge to the Whitestone Expressway to Exit 13D, the Northern Boulevard/Citi Field.

(Note: Ongoing construction work on the Whitestone Bridge could affect travel times. Check local travel advisories before heading out to Citi Field.)

## Directions from Westchester

Take the Hutchinson River Parkway South to the Whitestone Bridge to the Whitestone Expressway to Exit 13D, the Northern Boulevard/Citi Field.

(Note: Ongoing construction work on the Whitestone Bridge could affect travel times. Check local travel advisories before heading out to Citi Field.)

## Directions from Rockland

Take I-87 South (it becomes the Major Deegan Expressway in New York City) to the Robert F. Kennedy Bridge to the Grand Central Parkway to Exit 9E, the Northern Boulevard/Citi Field exit.

## Subway to the Game

The best way to get to and from a Mets game is by riding the 7 train to

Mets–Willets Point—it stops very close to the gate.

For weekday-afternoon and all weekend games, there is only local service to the stadium. However, for weekday-evening games, express service whisks you from Midtown Manhattan to Flushing. Customers attending night games, including weekends, benefit from express service back to Manhattan.

Express trains leave Willets Point shortly after the conclusion of each home game, and the service runs until about one hour after the game. Express trains are queued outside of Willets Point and arrive on the middle track every six minutes. The travel time between Mets–Willets Point and Queensboro Plaza with express service is about six minutes shorter than with the local service.

## LIRR to the Game

(For fare and schedule information, call 718-217-5477 in New York City or 516-822-5477 in Long Island.)

Train service to Mets–Willets Point is also available on eastbound Port Washington Branch trains from Penn Station and westbound trains from Great Neck and Port Washington. The train ride is just 18 minutes from Penn Station to Mets–Willets Point. For those traveling on the Long Island Rail Road from Long Island, the new ballpark is just six minutes from the Woodside station, 17 minutes from

Great Neck and 27 minutes from Port Washington. From Long Island, customers may go directly to the stadium from Port Washington Branch stations. Customers from other branches should transfer at Woodside.

#### **Handicapped Accessibility/ ADA Access**

For people with disabilities, there are some important things to note in preparation for the trip to the Mets–Willets Point station, which is accessible only on game days and for special events. Customers needing to use the station's accessible features must board the 7 local. Green lights illuminated in the shape of a circle around the 7 route marker identify the train as a local. Access is available from 90 minutes before until 45 minutes after baseball games and selected special events. ADA access to the station is from Flushing-bound trains only. LIRR customers must transfer at Woodside to or from the 7 to the game.

#### **To the game:**

Exit the train through the right side doors (when facing the front of the train). Take ramps to the Roosevelt Ave. exit.

Cross Roosevelt Ave. at the traffic signal on Roosevelt Ave. west of the station.

#### **From the game:**

Cross Roosevelt Ave. and take ramps to the Flushing-bound local platform. Take Flushing-bound train one stop to Main St.

At Main St., stay on board or transfer across the platform to the next departing Manhattan-bound train. For ADA-accessible travel information, call MTA New York City Subway at 718-596-8585.

#### **By Bus**

##### **From Queens:**

Citi Field is served by the Q48 bus. Many other bus lines connect with the 7 train, including the Q18, Q23, Q29, Q32, Q39, Q45, Q47, Q53, Q58, Q60, Q67, Q72, Q104, B24 and B61. For more information, call 718-330-1234.

##### **From Long Island:**

Connections to the 7 can be made at Flushing/Main St. via Long Island Bus lines N7, N20 and N21. For more information, call MTA Long Island Bus at 516-228-4000.

##### **From Port Authority:**

Connections to the 7 can be made by taking the E train to the 74th St.–Broadway/Roosevelt Ave. stop in Jackson Heights.

#### **By Ferry from New Jersey**

Seastreak (formerly Express Navigation, Inc.) departs from Highlands in Monmouth County, NJ, for a 75-minute trip to Citi Field. The return trip departs 30 minutes after the game. For fare and schedule information call 800-BOATRIDE OR 732-872-2628.

## Yankee Stadium



Yankee Stadium has wheelchair accessible and aisle transfer seats available at various price points and locations and include the Yankees Premium Offerings seat locations. The Stadium also offers enhanced accessibility for guests with limited seeing or hearing impairments or for guests who are deaf, hard of hearing or blind.

#### **Getting Tickets**

Tickets may be purchased at all Ticketmaster outlets in the New York metropolitan area; by calling the Ticketmaster charge line at 800-745-3000 or the Yankee Stadium Ticket Office at 718-293-6000; or in person at the Yankee Stadium Ticket Office. Tickets may also be purchased online at yankees.com.

#### **Wheelchair Accessible Seating**

**Field Level:** Sections 114A and 127A  
**Terrace Level:** Sections 315, 317-319, 321-323, 325  
Sections 305, 306, 309, 310, 313, 314, 326, 327, 330, 331, 333, 334  
Jim Beam Suite: Sections 320A and 320C

#### **Aisle-Transfer Seats**

Aisle-transfer seats are subject to availability. For more information, call the Yankee Stadium Ticket Office at 718-293-6000.

#### **Alternative Format Materials**

Home-game schedules and other print materials are available in Braille or large print upon request through Disabled Services.

#### **Assisted Listening**

Assistive Listening Devices are available at no charge at Guest Services Booths. A credit card or acceptable form of picture identification (e.g., valid driver's license or non-driver photo ID card) is required as a deposit.

#### **Closed-Captioning**

There are two closed-captioning video boards for guests who are hearing impaired: one in left field just below Section 233B and one in right field just

below Section 206. Closed-captioning is also provided on the high-definition video board in centerfield as well as on the high-definition video board in the Great Hall and on high-definition video monitors throughout Yankee Stadium.

### Concession Stands

Should you require assistance at any food service area, please notify the nearest Yankees staff member.

### Drop-Off/Pickup

For information on dropping off or picking up guests with disabilities or information on the MTA Access-A-Ride drop-off/pickup stop, please call Disabled Services.

### Electrical Outlets

Electrical outlets available for recharging wheelchairs and other medical equipment are located at Guest Services Booths.

### Elevators

Combined, Yankee Stadium's 16 public elevators service all Yankee Stadium levels and seat locations. The Yankees provide permanently stationed elevator operators in each elevator used by the general public. Elevator locations: Gate 2: Two elevators in the Yankee Stadium Lobby that service H&R Block Suite Level ticket holders and guests with disabilities. H&R Block Suite Level ticket holders and guests with disabilities exiting Yankee Stadium may find these elevators behind

Section 232A on the Main Level, adjacent to the Audi Yankees Club on the H&R Block Suite Level, and behind Section 332A on the Terrace/Grandstand Level.

**Gate 4:** Two elevators for Yankees Premium ticket holders only. Premium guests exiting Yankee Stadium may find these elevators inside the Delta SKY360° Suite and adjacent to the H&R Block Suite Lounge on the H&R Block Suite Level.

**Great Hall Eight elevators.** Guests exiting Yankee Stadium may find these elevators behind Sections 214A, 214B, 215 and 216 on the Main Level, behind Luxury Suite 25 on the H&R Block Suite Level, and behind Sections 314, 315 and 316 on the Terrace/Grandstand Level.

**Gate 6:** Two elevators for visitors to NYY Steak, the New York Yankees Museum and the Banquet & Conference Center.

**Gate 8:** Two elevators for guests with disabilities who wish to visit Monument Park.

### Escalators

There are three escalators at Yankee Stadium: one adjacent to the Yankee Stadium Ticket Office, located near Gate 4, and two adjacent to the Guest Services Booth located near Gate 6 inside the Great Hall. Please be advised that escalators are turned off and may be reversed during the course of the game.

### Emergency Evacuation

Yankee Stadium personnel have been trained in emergency evacuation procedures to aid the evacuation of all patrons, including guests with disabilities.

### First Aid/Medical

Emergency medical technicians, doctors and ambulances are present at Yankee Stadium during all games. There are three first-aid locations: Field Level at Section 128, Main Level at Section 221 and Terrace/Grandstand Level at Section 320C. Should you need medical assistance, please notify the nearest security guard or Yankees staff member or go to the nearest first-aid station.

### Gate Opening Times

Gates on Babe Ruth Plaza and Gates 2 and 8 open three hours prior to the start of every home game.

### Guest Services Booths

Yankee Stadium's four Guest Services Booths are located in the Great Hall near Gate 6, on the Field Level at Section 128, on the Main Level at Section 221, and on the Terrace/Grandstand Level at Section 320C.

### Getting to Yankee Stadium

Yankee Stadium is located at 1 E. 161st St. in the Bronx.

### Yankee Stadium by Car

**Northbound I-87:** Exit 3 (Grand Concourse and E. 138th St.), Exit 4 (E.

149th St.) and Exit 5 (E. 161st St.). Southbound I-87: Exit 6 (E. 153rd St. and River Ave.) and Exit 5 (E. 161st St.).

### Yankee Stadium by Ferry

You can take the ferry from Manhattan or New Jersey to Yankee Stadium. For information and schedule, call 800-53-FERRY.

### Yankee Stadium by New York City Transit Authority Bus

The Bx6 and Bx13 buses stop at 161st St. and River Ave. Also, the Bx1 bus stops at 161st St. and the Grand Concourse, a short walk. For more information, call the MTA at 718-330-1234 or visit [mta.info](http://mta.info).

### Yankee Stadium by Subway

The Yankee Stadium subway stop is located on E. 161st St. and River Ave. The No. 4 train (East Side) and the B and D trains (West Side) make stops at 161st St./Yankee Stadium. A trip from Midtown Manhattan takes approximately 25 minutes. For more information, call the MTA at 718-330-1234 or visit [mta.info](http://mta.info).

### Yankee Stadium by Train

MTA Metro-North Railroad's new Yankees - E. 153rd St. Station, located on the Hudson Line, takes you out to Yankee Stadium without having to deal with the hassles of parking, tolls and traffic. Getting to and from the game is a one-ticket ride from the Hudson, Harlem and New Haven lines. For more information, visit [mta.info](http://mta.info).



### Monument Park

Monument Park is accessible via elevators near Gate 8. Please ask Yankee Stadium staff for assistance.

### Parking

Ongoing construction in areas surrounding Yankee Stadium may cause street and parking lot closures. Due to construction, directions and parking are subject to change. The Yankees strongly urge fans to use public transportation. For parking information as it becomes available, please call Standard Parking at 718-292-6515 or visit [baseball-parking.com](http://baseball-parking.com).

### Ramps

There are two ramps located inside Yankee Stadium, both of which are wheelchair accessible and built to code. One ramp is located adjacent to Gate 2 on the left-field side of Yankee Stadium. The other is located adjacent to Gate 6 on the right-field side of Yankee Stadium.

### Restrooms

Restrooms and wheelchair accessible restrooms are located on all levels of Yankee Stadium. Family restrooms are in the following locations:

Field Level: Sections 106, 124 and 130

Delta SKY360° Suite: Section 221B

Main Level: Sections 219, 227A and 234

Terrace/Grandstand Level: Sections 311, 316, 327 and 333

Bleachers: Section 201

### Service Animals

Service animals for guests with disabilities are permitted in Yankee Stadium.

For special accommodation, contact Disabled Services:

718-579-4510 tel

718-579-4595 TTY

[disabledservices@yankees.com](mailto:disabledservices@yankees.com)

### Wheelchair Storage

Guests may store their wheelchairs at any Guest Services Booth.

### Yankee Stadium Tours presented by Zales

All Yankee Stadium tours are wheelchair accessible. For those requiring interpreting services, please call 718-579-4531 three weeks prior to your anticipated tour date.

### Please direct any questions or comments to:

#### ADA Manager

Yankee Stadium

Bronx, NY 10451

718-293-4300 ext. 4510 tel

718-579-4595 TTY

718-293-4841 fax

[disabledservices@yankees.com](mailto:disabledservices@yankees.com)

# The USTA Billie Jean King National Tennis Center



The USTA Billie Jean King National Tennis Center is wheelchair accessible, with ramps, elevators and escalators, and offers wheelchair accessible seating in two levels of Arthur Ashe Stadium and one level of Louis Armstrong Stadium, all subject to availability. Wheelchair-accessible restrooms, drinking fountains, phones, ATMs and counters at point-of-service locations are available throughout the site.

### Getting Tickets

Tickets for people with disabilities, subject to availability, may be purchased over the phone by calling 718-760-6200 ext. 5100.

### Guest Services/Information Booths

The information booths are located opposite the Food Court on the East

side of Arthur Ashe Stadium and at the South Plaza Gate.

### Gate Opening Times

All gates open at 10am for the day sessions and approximately 6pm for the evening sessions.

### Elevators/Escalators

The USTA provides permanently stationed elevator operators in two elevators at the South entrance to Arthur Ashe Stadium. These elevators go to all levels of the stadium. Two lifts for people with disabilities are available in Stadiums 2 and 3, in the South hallway; access to the lifts can be gained by going to the Stadium Operations office directly across from the lifts. There is also a ramp for people with disabilities on the North sides of Stadiums 2 and 3.

## First Aid

There are five First Aid stations:

**Arthur Ashe Stadium** – Court level across from Fire Command

**Club level** – Gate 7

**Promenade level** – Gates 30/31

**On the grounds** – West of Field Court 8

**Grandstand (Northeast Corner)** – Gate 13

## Parking at USTA

Wheelchair accessible parking is available at various lots throughout Flushing Meadows–Corona Park. Vehicles are directed to parking locations by the NYPD. Only vehicles with state issued disabled parking plates or permits are permitted to park in these designated parking spots.

## Getting to the USTA

The USTA Billie Jean King National Tennis Center is located in Flushing Meadows–Corona Park in Queens.

## USTA by Car

**From Manhattan:** Take the Robert F. Kennedy Bridge to the Grand Central Parkway East to exit 9E. Stay to the left and follow to the Van Wyck Expressway South to exit 12A–College Point Boulevard. If coming from Midtown, use the Midtown Tunnel to reach the Grand Central Parkway.

**From Brooklyn:** Take the Jackie Robinson Parkway to the Van Wyck Expressway North. Follow above directions.

**From Long Island:** Take the Long Island Expressway to exit 22B. At first light, make a right onto College Point Boulevard.

**From Connecticut/Westchester:** Take I-95 to the Whitestone Bridge to the Whitestone Expressway South. Stay to the left to the Van Wyck Expressway. Follow above directions.

**From New Jersey:** Take the George Washington Bridge to the Harlem River Drive, to the Robert F. Kennedy Bridge. Follow above directions.

## USTA by Railroad

The Long Island Rail Road/Port Washington branch departs from Penn Station to the USTA Billie Jean King National Tennis Center during the US Open (Mets–Willeys Point Station). Contact the railroad for schedule information at 718-217-5477.

## USTA by Subway

Take the 7 train from either Times Square or Grand Central to the Mets–Willeys Point Station. The USTA Billie Jean King National Tennis Center is a three-minute walk down the ramp from the station. The ride takes approximately 30 minutes. Or take the E or F trains to Roosevelt Ave. and transfer upstairs to the 7 and follow the above directions.

# New York Racing Association Racetracks

## Aqueduct Race Track

110-00 Rockaway Blvd.  
Jamaica, NY 11420  
718-641-4700 tel

**Main course:** 1 1/8 mile

**Inner dirt course:** 1 mile

**Turf course:** 7/8 mile

**Attendance capacity:** 40,000

**Parking capacity:** 5,000 cars

**Trackside dining:** 1,200

**Total seating capacity:** 17,000

## Seating Information

Wheelchair locations are available on the third floor in the Grandstand. The wheelchair locations are complimentary and become available on a first-come, first-served basis after the admission gates open. No portable seating is allowed in the wheelchair areas.

## Admission Fees

Clubhouse admission: No charge  
Skyline Club: No charge

## Gate Opening Times

The gates open at 11am, with the exception of Thanksgiving, when the gates open at 9am.

## Getting to Aqueduct

### Aqueduct by Bus

Q11 (from Woodhaven and Queens Blvd.); Q7 (from Euclid Ave.); Q37 (from Union Tpke.–Kew Gardens); Q41 (from New York Blvd. and Archer and Ashford St. in Brooklyn)

For additional information call MTA buses at (718) 445-3100, or visit [mta.info](http://mta.info).

### Aqueduct by Subway

Take the A train to the Old Aqueduct Station. Courtesy bus service is available to the Admission Gate.

### Aqueduct by Car

**From Manhattan:** Midtown Tunnel to the Long Island Expy. east, to Van Wyck Expy. south, exit 3 (Linden Blvd.). Turn right on Linden and follow signs to the track.

**From Queens:** Grand Central Pkwy. to Van Wyck to Linden Blvd.; follow signs.

**From Brooklyn:** Belt Pkwy. to exit 19; follow signs.

**From Long Island:** Belt Pkwy. to exit 18-B (Lefferts Blvd.); follow signs.

**From Staten Island and South New Jersey:** Verrazano Bridge to Belt Pkwy. east, exit 19; follow signs.

**From Connecticut and Westchester:** Any route to the Whitestone Bridge; Whitestone Expy. to Van Wyck Expy.; exit 3 (Linden Blvd.).

**From northern New Jersey:** George Washington Bridge to Cross Bronx Expy., to Throgs Neck Bridge, to Cross Island Pkwy. south to Belt Pkwy. west, exit 18-B, and follow signs.

### Parking at Aqueduct

There are 25 accessible parking spaces for people with disabilities along the curb in the Clubhouse lot. The Rock-away lot has 50 accessible spaces. All parking spaces are available on a first-come, first-served basis after the parking gates open to paying customers.

### Parking Fees

General parking: free  
Clubhouse preferred parking: \$5  
Valet parking: \$5

Handicapped parking is available at the Clubhouse entrance.  
Courtesy Shuttle Bus service is available from all general parking areas.

## Belmont Park

2150 Hempstead Tpke.  
Elmont, NY 11003  
516-488-6000

**Main course:** 1 1/2 miles

**Last turn to finish on main track:**  
1,097 feet

**Widener turf course:** 1 5/16 miles

**Inner turf course:** 1 3/16 miles

**Attendance capacity:** 85,000–90,000

**Parking capacity:** 18,500 cars

**Trackside dining:** 2,300

**Total seating capacity:** 32,941

### Seating Information

Wheelchair locations are available on the third floor behind Section E in the Clubhouse and behind Section O in the Grandstand. The wheelchair locations are complimentary and become available on a first-come, first-served basis after the admissions gates open. No portable seating is allowed in the wheelchair areas.

### Admission Fees

**Grandstand:** \$2; \$10 Belmont Stakes Day

**Clubhouse:** \$5; \$20 Belmont Stakes Day

**Twilight Racing Fridays:** Grandstand admission is free until 1pm when regular price applies. Clubhouse admission is \$3 until 1pm when regular price applies.

Children under 12 are free when accompanied with an adult.

### Gate Opening Times

The gates open at 11am, with the exceptions of Belmont Stakes Day: 8:30am and Father's Day: 9:30am

### Getting to Belmont

#### Belmont by Bus

N6 (MTA Long Island Bus): Operates along Hempstead Tpke, West Hempstead, Franklin Square, Elmont, Hollis

and Jamaica. From Jamaica, the bus starts at Jamaica Bus Terminal (165th St. and 89th Ave.) and runs along Hillside Ave. to Francis Lewis Blvd. to Hempstead Ave. Stops in front of Belmont Park. Connections: transfer from the F train at either 169th St. or 179th St. stations.

Q110 (MTA Bus): Service provided every 20 minutes to and from Belmont during racing days. Buses are available at Parsons Blvd. and Hillside Ave. and from Parsons Blvd. and Archer Ave., and various locations eastbound on Jamaica Ave. and Hempstead Ave. in Queens. These buses pick up and discharge directly outside the admission booths at the west end of the track.

Connections: transfer from the F train at Parsons and Hillside; transfer from E train at Parsons and Archer.

Q2 (MTA Bus): Originates at the Jamaica Bus Terminal (165th St. and 89th Ave.) and runs along Hillside Ave. to 187th Place to Hollis Ave. and ends at Hempstead Ave. and 225th St. adjacent to Belmont Park. Connections: transfer from the F train at 169th St. or 179th St. stations.

#### Belmont by Subway

F train to 169th St. or 179th St., then take the N6 or the Q2 bus to Belmont E train to Jamaica Center (Parsons Blvd.), then take the Q110 bus to Belmont.

#### Belmont by Car

**From Manhattan:** Queens Midtown Tunnel to Long Island Expy. East, to Cross Island Pkwy. south to exit 26-D.

**From Brooklyn:** Belt Pkwy. east to Cross Island Pkwy. north to exit 26-D, or Brooklyn-Queens Expy. to Long Island Expy. east to Cross Island Pkwy. south to exit 26-D.

**From Queens:** Grand Central Pkwy. east to Cross Island Pkwy. south to exit 26-D, or Belt Pkwy. East to Cross Island Pkwy. north to exit 26-D.  
From Staten Island: Verrazano–Narrows Bridge to Belt Pkwy. east to Cross Island Pkwy. north to exit 26-D.

**From Long Island:** Northern State Pkwy. or Long Island Expy. west to Cross Island Pkwy. south to exit 26-D, or Southern State Pkwy. west to Cross Island Pkwy. north to exit 26-D.

**From New Jersey:** (North): George Washington Bridge to Cross Bronx Expy. to Throgs Neck Bridge to Cross Island Pkwy. south to exit 26-D.

(South): Any interstate bridge to Staten Island Expy. to Verrazano–Narrows Bridge to Belt Pkwy. east to Cross Island Pkwy. north to exit 26-D.  
From Connecticut and Westchester: Any route to Throgs Neck Bridge to Cross Island Pkwy. south to exit 26-D.

#### By railroad

“Belmont Special” service is available from Penn Station, Flatbush, and Jamaica to Belmont Park on live racing days only. The train leaves 30 minutes after the last race. The LIRR’s “Belmont Special” package ticket includes rail transportation and a \$1 discount off the regular \$2 grandstand admission



to the track.

### Parking at Belmont

Parking gates open at 10:45am daily;  
8:15am on Belmont Stakes Day.

General Parking: \$2; \$10 Belmont  
Stakes Day

**Preferred Parking:** \$4; \$25 Belmont  
Stakes Day

**Clubhouse Preferred:** \$7; \$40

Belmont Stakes Day

**Valet Parking:** \$6 (no valet parking on  
Belmont Stakes Day)

Handicapped parking is available near  
the Clubhouse and Grandstand. Park-  
ing is on a first-come, first-serve basis  
after the official opening of the parking  
gates. Appropriate parking fees apply.  
Handicapped permit or registration  
required. Courtesy shuttle bus service  
is available from all general parking  
areas.

## The Saratoga Race Course

267 Union Ave.

Saratoga Springs, NY 12866

518-584-6200 tel

**Main course:** 1 1/8 mile

**Turf course:** 1 mile

**Steeplechase/Inner Turf course:**  
7/8 mile

**Attendance capacity:** 50,000

**Trackside dining:** 2,200

**Total seating capacity:** 18,000

### Seating Information

Wheelchair locations are available

behind Section J in the Clubhouse and  
behind Section M in the Grandstand.

The wheelchair locations are compli-  
mentary and become available on a  
first-come, first-served basis after the  
admission gates open. No portable  
seating is allowed in the wheelchair  
areas.

### Admission Fees

**Grandstand Admission:** \$3

**Clubhouse Admission:** \$5

Reserved Seating sold separately.

Children under the age of 12 are ad-  
mitted free.

### Gate Opening Times

Gates open weekdays at 11am and  
weekends at 10:30am. On Travers Day,  
admission gates open at 7am

### Getting to Saratoga

#### Saratoga by Railroad

Amtrak provides service to Saratoga  
Springs.

#### Saratoga by Car

From New York metropolitan area:  
Adirondack Northway (I-87) to exit  
14. West on NY Route 9P (Union  
Ave.), to just outside the track gates.  
From Western New York: Interstate  
90 (I-90E) to exit 28 at Fultonville  
(Route 30A), to Johnstown; becomes  
Route 29E to Saratoga Springs. Follow  
29E to Broadway, turn right, then left  
onto Spring St. and left onto Route 9P.  
Alternately, New York Thruway to exit  
27 (Route 30N), merge onto Route 67E  
to Ballston Spa. Left onto Route 50 to

Saratoga Springs; right at Circular St.  
and right onto Route 9P.

From Upstate and Canada: Northway  
(I-87S) to exit 14 (Saratoga Springs);  
keep right and merge onto Route 9P.

From Massachusetts and Connecticut:  
Mass. Tpke. (I-90W); becomes NY  
Thruway (I-90); north to exit 24 (Al-  
bany), then Northway (I-87) to exit 14.

### Parking at Saratoga

**Trackside parking:** \$10; gates open at  
6:45am (refunds available until 10am;  
no refunds on Travers Day).

**General parking:** free

**Oklahoma preferred parking:** \$5;  
gates open at 9am.

Handicapped parking is available  
at the Clubhouse and Grandstand.  
Applicable fees apply.

**For more information on all three  
New York Racing Association  
racetracks, go to [nyra.com](http://nyra.com).**

# Giants Stadium



## Getting Tickets

For information on obtaining accessible seating for the Giants and Jets, please contact the Box Office during normal business hours. The Arena Box Office, which is located between Gates A and D, has an accessible window (#9) where guests with disabilities may purchase tickets. At Giants Stadium, which is only open the day of a Stadium event, all ticket windows are accessible.

### Box Office

201-935-3900 tel  
201-460-4370 tel (group sales)  
201-460-4031 TTY  
[meadowlands.com/tickets/Guests\\_with\\_Disabilities.aspx](http://meadowlands.com/tickets/Guests_with_Disabilities.aspx)

### Box office hours

Monday-Saturday: 11am–6pm

Sunday - Closed (unless there is an event)

## Seating

All wheelchair seating at Giants Stadium is general admission (not assigned) and is in Sections 117 through 125. Companions attending events in the wheelchair areas with a disabled guest will be provided a folding chair. The Meadowlands Complex has designated seats at Giants Stadium for guests with disabilities. In order to be properly accommodated, it is recommended that guests with disabilities purchase their tickets in advance to obtain desired seat locations. Some accessible seats that are not purchased during an advanced sale period (which may vary depending upon the event) may be released for sale to the general public.

## Meadowlands by Car

From the Lincoln Tunnel: Follow Route 3 West to Route 120 North.  
From the George Washington Bridge: Follow I-95 South to the New Jersey Turnpike. Take the Turnpike's western spur to the Sports Complex Exit 16W. This exit provides direct access to the Sports Complex parking areas.  
Northbound on the New Jersey Turnpike: Take the western spur to Exit 16W, which provides direct access to

the Sports Complex parking areas.  
Holland Tunnel and Brooklyn/Staten Island Bridge: Take the New Jersey Turnpike extension to the Turnpike. Take the Turnpike's western spur to Exit 16W.

## Parking at Giants Stadium

Accessible parking with a state-issued license plate or placard is available in Lots 10/12, 15 and 18.

## Access and Elevators

Stadium Gates B, C and D are the accessible entrance ramps to the Lower Level. If you have floor seats for an event, please enter through Gate C.

## Amplified Telephones

There are amplified pay phones located throughout the stadium.

## TTY phones

There is a TTY telephone in the Stadium Club.

## Restrooms and Water Fountains

Accessible restrooms and water fountains are located in the Lower Level behind sections 117 to 125. There are also accessible restrooms and water fountains on the Mezzanine Level, Stadium Club and South Tower. A family restroom is available on the Service Level.

## Visitors with Service Animals

Trained guide dogs or service animals assisting visitors with disabilities are permitted inside Giants Stadium.

## First Aid

For medical assistance please notify the nearest usher, event safety representative, or emergency medical technician.

## Emergency Evacuation

In the event of an emergency, facility staff have been instructed and trained to assist you in evacuating the premises. Ask the nearest usher or event safety representative to point out emergency escape routes and to explain emergency procedures.

## Accessible Transportation

Access Link is New Jersey Transit's paratransit service. Access Link provides paratransit service comparable to local bus service to people with disabilities. For more detailed information about Access Link, call: 800-955-2321 tel  
800-955-6765 TTY  
[njtransit.com](http://njtransit.com)

## Comments and Suggestions

Accessible Services Department  
201-935-3900 tel  
201-460-4031 TTY  
201-507-8128 fax  
[disabledservices@njsea.com](mailto:disabledservices@njsea.com)

# Richmond County Bank Ballpark

The Staten Island Yankees are past recipients of the United Spinal Association, formerly the EPVA (Eastern Paralyzed Veterans Association), commendation for The Richmond County Bank Ballpark at St. George. The commendation cites the ballpark as a highly accessible venue for handicapped fans.

## Getting Tickets

The Richmond County Bank Ballpark at St. George is wheelchair-accessible. There are 146 wheelchair-accessible seats at the top of the seating bowl along the box and reserve sections. Padded folding chairs are also available for companion seating. Fans with special requests or needs may visit the Information Kiosk for assistance. For tickets, call 718-720-9265.

## First Aid

If you or someone in your group requires first aid, contact the nearest usher or stadium employee for assistance. He or she will escort you to the First Aid Station located in the main concourse level along the third-base line.

## Gates

The gates at the Richmond County Bank Ballpark at St. George normally open one hour prior to game time.

## Information

The Guest Relations and Information Booth is located behind home plate (Section 9) on the Concourse Level of the stadium.

## Parking

There are two parking lots located behind the stadium. The smaller lot is located off the right field gate, while the larger parking area is located off the left field gate. Parking is not controlled by the Staten Island Yankees.

## Pets

Seeing-eye dogs are permitted in the ballpark.

## Getting to Richmond County Bank Ballpark

### By Subway/Ferry

Take the 4 or 5 to Bowling Green, the R or W to Whitehall Station, or the 1 or 9 to South Ferry, then a 25-minute ride on the free Staten Island Ferry. Exit the ferry from the upper deck and then follow the signs to the ballpark. Staten Island Ferry Schedule: The ferry departs every 15 minutes weekdays from 5–7pm; every 20 minutes from 7–8 p.m.; and thereafter, every 30 minutes. On weekends, the ferry departs every 30 minutes until 7 p.m.

and every 60 minutes thereafter. No cars are permitted on the ferry.

**From Staten Island:** The South Shore SIRTOA train terminates at the Staten Island Ferry terminal. On event nights, there will be a shuttle train from the ferry terminal to the ballpark. Extra trains will run immediately following each game. The Ballpark is a 90-second walk from the ferry terminal.

### From Manhattan, Brooklyn, Queens, and Long Island

Take the lower level of the Verrazano-Narrows Bridge. Stay right to toll booths. Take the Bay St. Exit and follow school road to Bay St. and make a left on Bay St. Follow Bay St. 2.3 miles past the Staten Island Ferry Terminal and make a right turn at the parking sign right before the Ballpark. Go down the ramp to the parking lot and enter the Ballpark.

### From New Jersey

Via Outerbridge Crossing (Exit 127 on the Garden State Parkway) into Staten Island: Take West Shore Expressway (440) to Staten Island Expressway (278 East). Take 278 to Clove Road, exit 13. Make a left onto Clove Road. At Victory Boulevard, make a right. Follow Victory Boulevard to the end (Bay St.). Make a left onto Bay St. Follow Bay St. past the Staten Island Ferry Terminal and make a right turn at the parking sign right before the Ballpark. Go down the ramp to the parking lot and enter the Ballpark.

Via Goethals Bridge (Exit 13 on the New Jersey Turnpike) onto Staten Island Expressway (278 East): Take 278 to Clove Road, exit 13. Make left onto Clove Road. At Victory Boulevard, make a right. Follow Victory Boulevard until you reach Bay St. Make a left onto Bay St. Follow Bay St. past the Staten Island Ferry Terminal and make a right turn at the parking sign right before the Ballpark. Go down the ramp to the parking lot and enter the Ballpark.

Via Bayonne Bridge: Get off at Richmond Terrace. Make a right onto Morningstar Road. Follow for .4 mile to Richmond Terrace, and make a right. Follow Richmond Terrace for 4.2 miles, until you reach the traffic light at Jersey St. Make a left followed by a right at the stop sign and follow the service road to the Ballpark parking lot.

### From the Bronx, Westchester, and North

Via George Washington or Tappan Zee Bridge to New Jersey Turnpike South to Exit 13. Follow directions to Goethals Bridge.

### By bus from Staten Island

All major bus routes terminate at the Staten Island Ferry terminal.

### Richmond County Bank Ballpark at St. George

75 Richmond Terrace  
Staten Island, NY 10301  
718-720-9265 tel  
siyanks.com



# KeySpan Park



## Getting tickets

KeySpan Park is completely wheelchair accessible. Wheelchair patrons should enter through the Main Lobby, and then take either the tunnel to the Field Level, or the elevator to the Concourse Level, Luxury Suites, and Party Deck. To inquire about Wheelchair Seating, call the Ticket Office at 718-449-8497.

## Animals

Guide or service dogs for disabled fans are allowed in KeySpan Park.

## Elevators

There are two elevators at KeySpan Park, stopping at the Main Lobby, the Concourse Level, and the two upper suite levels. The fourth level also contains the Party Deck and the Press Box.

## First Aid

Emergency medical technicians from Midwood Ambulance are stationed throughout the ballpark. Report to ushers, security, front office staff, or the Fan Services Center on the Concourse Level behind home plate with any emergency needs.

## Gates

The KeySpan Park Gates open one-and-a-half hours before game time.

## Parking

Handicapped parking is available at KeySpan Park. Upon entering the stadium, ask the attendant at the parking entrance to direct you to the handicapped parking spaces.

## Getting to KeySpan Park

### By Subway

Take the D, F, N or Q to the last stop, Coney Island/Stillwell Ave. At the corner of Stillwell and Surf Avenues (where Nathan's is located), turn right. Walk two blocks west along Surf Ave. to KeySpan Park.

### By Car

From East: Take the Belt Parkway to Cropsey Ave. (Exit 6). At light, make right onto Cropsey Ave., and proceed approximately one mile, as Cropsey turns into W. 17th St. The ballpark is directly ahead.

From West: Take Belt Parkway to Cropsey Ave. (Exit 6). At light, make right onto Cropsey Ave., and proceed approximately one mile, as Cropsey turns into W. 17th St. The ballpark is directly ahead.

### By Bus

Take the B36, B64 or B74 bus, or the Coney Island-bound B82 bus, to Stillwell Ave. and Surf Ave. Then walk two blocks west along Surf Ave. to KeySpan Park.

KeySpan Park

1904 Surf Ave.

Brooklyn, NY 11224

718-449-8497 tel

[brooklyncyclones.com](http://brooklyncyclones.com)



# The New Balance Track and Field Center at the Armory

The Armory Foundation manages the 168th St. Armory at 216 Fort Washington Ave. in Washington Heights in New York City. The Armory houses the New Balance Track and Field Center and the National Track and Field Hall of Fame and Learning Center. The New Balance Track and Field Center is a state-of-the-art competition facility, and includes a 200-meter Mondo track, all ancillary field venues, a Jumbotron, computerized scoring and seating for 3,000 spectators. It is the only facility of its kind within a 50-mile radius of New York City. The National Track and Field Hall of Fame is located on the first three floors and consists of 15,000-square-feet of exhibition space. It celebrates the great athletes in the history of track and field and teaches visitors about health, nutrition, and fitness.

## Getting tickets

Tickets for individuals with disabilities can be purchased the day of the event at the Armory Track and Field Center.

## Lobby and Elevator

There is an ADA-accessible ramp coming into the front of the Armory. There is an elevator off the lobby providing access to all of the floors.

## Parking for Armory Events

St. parking adjacent to the Armory is difficult to find, and requires feeding a meter. The two best options are Riverside Drive just south of 165th St. or the parking lot at 165th St. and Fort Washington Ave.

## Restrooms

There are wheelchair-accessible bathrooms on the second and third floors.

## Getting to the Armory

### Armory by Subway

A or 1 train to 168th St., then walk one block west to Fort Washington Ave.

### Armory by Car

#### From Westchester County and Tappan Zee Bridge

Saw Mill Parkway South merges to Hudson River Parkway. After you go under the George Washington Bridge, take exit 14/15 to Riverside Drive south. Turn left at 165th St. Go up the hill and take the first left on Fort Washington Ave. The Armory is on the right after the first traffic light.

#### From New England

Take I-95 south. As you approach the George Washington Bridge, get to the right as the highway splits. Take the

181st St. exit, the last exit before the bridge. Exit onto 181st St. and take a right at the light. Go up the hill three blocks and take a right onto Fort Washington Ave. Go 12 blocks. The Armory is on the left at 168th St.

#### From New Jersey and Points South

Take the New Jersey Turnpike North, following signs to the George Washington Bridge. As you near the bridge (after passing the Meadowlands), follow the yellow signs that say “express” to the Bridge. Take the upper level of the Bridge. Once at the bridge and past the toll, get to the right lane and exit at 178th St. Go through one light and make a right at the next light onto Broadway. Go 10 blocks south and make a right onto 168th St. Go one block west to

Fort Washington Ave. The Armory entrance is at 168th St. and Fort Washington Ave.

#### From Brooklyn and West Side Manhattan

Take the West Side Highway (Henry Hudson Parkway) north. Take Exit 15 to Riverside Drive, going south. Go to the second light on Riverside and take a left onto 165th St. Go up the hill and take first left on Fort Washington Ave. The Armory is on the right after the first traffic light.

## The Armory Foundation

216 Fort Washington Ave.  
New York, NY 10032  
212-923-1803 tel  
212-923-1645 fax  
armorytrack.com



# Riverbank State Park

Riverbank State Park is a state-of-the-art, 28-acre park that offers a wide variety of recreational, athletic and cultural experiences for all ages, interests and abilities. The park consists of five major buildings as well as outdoor facilities. Some of the available facilities include: a softball and football/soccer field; basketball, handball/paddleball, and tennis courts; swimming pools; a skating rink (ice skating available from November to January, roller skating available the rest of the year); a cultural center; a picnic area; a children's playground and carousel; and a community garden.

## Accessibility

Senior citizens and the physically challenged can participate in most of the free programs, activities and classes. They may receive daily discounts or free admission. A Riverbank State Park ID Card is required for all persons registered in activities/courses. Proof of age or disability is required at registration or with a mail-in application for all senior/physically challenged classes for first-time members only. All programs, activities and classes for special populations have been audited

and determined to be accessible to the physically challenged.

## Hours

Riverbank is open year-round from 6am–11pm.

## Getting to Riverbank State Park

### By Subway

Take the 1 train to 145th and Broadway, which is one block from the park's main entrance on 145th St. and Riverside Drive

### By Bus

From the Bronx: Take the crosstown BX19 to Riverbank.  
From Manhattan: Take the M11 bus directly into the park.

### By Car

There are no public parking facilities at Riverbank State Park.

**From the NYS Thruway:** Take the Major Deegan Expressway South, exit at the 155th St. Bridge, turn right and bear right off the bridge onto 155th St. Continue straight to Broadway, turn left and continue to 145th St. Turn right and continue down the hill one block to the entrance of the park.

**From New Jersey:** Take the George Washington Bridge (lower level) to the Henry Hudson Parkway South, bear left and exit at Riverside Drive, Continue south on Riverside Drive to 145th St. Turn right to enter the park. From Long Island: Take the Whitestone Bridge to the Cross-Bronx Expressway. Take the Westside Highway exit, bear left to Riverside Drive exit, turn right off the exit and continue straight to Riverside Drive to 145th St. Turn right into the park.

## Riverbank State Park

679 Riverside Drive (at 145th St.)  
New York, NY 10031  
212-694-3600  
nysparks.com

# Asphalt Green



Asphalt Green is a not-for-profit organization dedicated to assisting individuals of all ages and backgrounds achieve health through a lifetime of sports and fitness. Asphalt Green is committed to providing access to people with disabilities. Membership and classes are open to anyone interested. Scholarships are available for classes and camps. Free seminars on health and fitness are regularly held. The Green stretches its 5½-acre sports and training campus across York Ave. between 90th and 92nd Streets in Manhattan. The facilities include Manhattan's only 50-meter Olympic-standard swimming pool, separate teaching/exercise pools, a multi-level fitness center featuring state-of-the-art equipment, interac-

tive fitness software designed to track personal performance, an Astroturf field for team sports, steam and sauna, two gymnasiums, an outdoor running track, indoor and outdoor basketball courts, a snack/juice bar, and two outdoor parks. The AquaCenter is located at 1750 York Ave. (at 91st St.). The Murphy Center is located at 555 E. 90th St. (bet. York and East End Aves.).

Accessible facilities and inclusion programming highlight Asphalt Green's universal design. A private changing area is available for use by those who may be accompanied by an opposite sex companion/attendant. Asphalt Green staffs a number of fitness instructors who specialize in assisting people with disabilities.

The fitness center offers a variety of classes appropriate for all abilities. The equipment in the fitness center, including free weights, nautilus and cardio equipment, is designed for use by people of all ability levels. The Aquatics program for youth and adults with disabilities is conducted in the warm water teaching/exercise pool. The floor moves to adjust the pool depth, making entering and exiting the pool easy. Classes range from beginner to advanced. Aquatic classes for adults include Learn to Swim, Water Exercise, Deep Water Exercise, Medical Hydrotherapy and one-on-one Aquatic Therapy. Lap swimming is also available in the pool that is equipped with chair lifts to assist those using wheelchairs. Other classes that are offered for people with disabilities include gymnastics, martial arts, tai chi, strength, fitness, weight training, and yoga. In general, all of Asphalt Green's fitness classes are accessible.

## Getting to Asphalt Green

### By Bus

Take the M86 or M31 to the York Ave. and 91st St. stop. The AquaCenter is across the street. For the Murphy Center and AstroTurf Field on 90th St., walk east toward East End Ave.

### By Subway

Take the 4, 5, or 6 train to the 86th St. station. Walk east to York Ave. and north to 90th St. For the AquaCenter, continue north to 91st St. For the Murphy Center and AstroTurf Field on 90th St., walk east toward East End Ave. Or, take the M86 bus from the 86th St. subway station to 91st St.

### By Car

From Uptown: Travel south on the FDR Drive. Exit at 96th St., and continue straight to York Ave.  
From Downtown: Travel north on the FDR Drive. Exit at 96th St. Turn left at second stoplight. Continue straight to York Ave.

## Discounted parking for members and guests is available at:

The Andover Garage at 1675 York Ave. (bet. 88th and 89th Sts.)

The Hamilton Garage at 1735 York Ave. (bet. 89th and 90th Sts.)

Ask at the Asphalt Green front desk for ticket validation.

## Asphalt Green

555 E. 90th St.

New York, NY 10128

212-369-8890

[asphaltgreen.org](http://asphaltgreen.org)

# Chelsea Piers



Chelsea Piers Sports and Entertainment Complex is a 30-acre waterfront sports village located along the Hudson River between 17th and 23rd Streets, and situated between Piers 59 and 62. Various areas within the complex are accessible to people with disabilities. The Golf Club at Chelsea Piers features an outdoor driving range. It consists of 52 heated and weather-protected stalls, a fully automatic ball transport system that allows a golfer to maintain position without having to bend to retrieve the ball. The AMF Chelsea Piers Bowl offers a 40-lane state-of-the-art bowling facility equipped with automatic scoring. Adaptive equipment is available upon request.

## Chelsea Piers by Car or Taxi

Entrances for Chelsea Piers Sports and Entertainment Complex are located at both 23rd St. and 16th St. along the West Side Highway. On-site paid parking is available.

## Chelsea Piers by Bus (via Subway)

Subway service on the 1, C, E, F, N, R, and 6 lines enables transfers to the M23 bus that crosses Manhattan on 23rd St. and stops directly in front of Chelsea Piers.

## Chelsea Piers Sports and Entertainment Complex

23rd St. and the Hudson River  
New York, NY 10011  
212-336-6666 tel  
chelseapiers.com

# YMCA Centers of NYC

The following centers offer programs for members with disabilities. Programs change frequently; call to find out what the latest offerings are.

## Brooklyn

### Bedford–Stuyvesant YMCA

The Bed–Stuy YMCA offers the Silver Sneakers Muscular Strength and Range of Movement program, which can be performed from a chair, for seniors and disabled members who are looking for an exercise program that can help with maintaining or increasing their daily living skills.

### Bedford–Stuyvesant YMCA

1121 Bedford Ave. (at Monroe St.)  
Brooklyn, NY 11216  
718-789-1497 tel  
718-389-5783 fax

### Flatbush YMCA

See Bedford–Stuyvesant YMCA for program description.

### Flatbush YMCA

1401 Flatbush Ave.  
Brooklyn, NY 11210  
718-469-8100 tel  
718-284-5537 fax

### Prospect Park YMCA

The Prospect Park YMCA offers the

Lisa Beth Gerstman Camp for ages 7–11. This camp is designed to meet the needs of the physically disabled, cognitive sound child. Prospect Park Y also offers the P.A.C.E. (People with Arthritis Can Exercise) program, which is a chair-based class designed for people who either have arthritis or are working to prevent it.

### Prospect Park YMCA

357 Ninth St.  
Brooklyn, NY 11215  
718-768-7100 tel  
212-912-2373 tel  
(Connie Domingo; for information about Lisa Beth Gerstman Camp)  
718-499-0425 fax  
cdomingo@ymcanyc.org

### North Brooklyn YMCA

The Brooklyn Y has a partnership with the New York Families of Autistic Children. During one-on-one swim instruction, parents are taught the techniques necessary to teach their children to swim. The Aquatic Arthritis Exercise class offers low-impact exercises that reduce joint pain and stiffness while increasing flexibility, muscle strength, cardiovascular endurance and all-around fitness. North Brooklyn Y also offers the Silver Sneakers Muscular Strength and Range of Movement



program (see Bedford–Stuyvesant YMCA for program description).

### **North Brooklyn YMCA**

570 Jamaica Ave.  
Brooklyn, NY 11208  
718-277-1600 tel  
718-277-2081 fax

## **Bronx**

### **Bronx YMCA**

The Bronx YMCA offers a Physically and Mentally Challenged Family Swim Program where participants, taught by certified instructors, learn adaptive aquatic techniques while developing their physical motor skills, improving circulation, strength and flexibility. The Challenged Adults Program is a recreational program funded by OMRDD Family Support Services. It is designed to give adults with special needs an opportunity to participate in instructional/recreational swimming, sports, arts and crafts, and fitness programs. Bronx also offers the Silver Sneakers Muscular Strength and Range of Movement program, which can be performed from a chair, for seniors and disabled members who are looking for an exercise program that can help with maintaining or increasing their daily living skills.

### **Bronx YMCA**

2 Castle Hill Ave.  
Bronx, NY 10473  
718-792-9736 tel

## **Manhattan**

### **Harlem YMCA**

The Harlem YMCA offers the Arthritis Foundation YMCA Aquatic Program, a water exercise class designed to help maintain normal joint movement, relieve stiffness and restore flexibility and movement for people suffering from arthritis and related conditions. Harlem Y also offers the Silver Sneakers Muscular Strength and Range of Movement program (see Bedford–Stuyvesant YMCA for program description).

### **Harlem YMCA**

180 W. 135th St.  
New York, NY 10030  
212-912-2100 tel

### **McBurney YMCA**

The McBurney YMCA offers a variety of programs and activities for individuals of all ages, incomes and abilities. McBurney's Active Older Adults (AOA) program is designed to meet the needs of the older adult. The AOA program includes aerobic classes, gentle yoga classes and strength training, which helps increase bone density, improve coordination and balance and aid in weight loss. The P.A.C.E. program at McBurney is another fitness, low-intensity class, which has been nationally certified by the Arthritis Foundation, designed for older adults with arthritis and other joint challenges. Additionally, the McBurney YMCA offers Adapted

Aquatics, which includes range-of-motion exercises designed to help maintain normal joint movement, relieve stiffness and restore flexibility and movement for people suffering from arthritis and related conditions.

### **McBurney YMCA**

125 W. 14th St.  
New York, NY 10011  
212-912-2300 tel  
212-741-8339 fax  
lharris@ymcanyc.org

### **Vanderbilt YMCA**

The Vanderbilt Y offers the Arthritis Foundation YMCA Aquatics Program, which includes range-of-motion exercises designed to help maintain normal joint movement, relieve stiffness and restore flexibility and movement for people suffering from arthritis and related conditions.

### **Vanderbilt YMCA**

224 E. 47th St.  
New York, NY 10017  
212-912-2500 tel  
212-741-8339 fax

### **West Side YMCA**

The West Side YMCA offers the Arthritis Foundation YMCA Aquatics Program (see Vanderbilt Y for complete program description).

### **West Side YMCA**

5 W. 63rd St.  
New York, NY 10023  
212-875-4100 tel  
212-580-0441 fax

## **Queens**

### **Cross Island YMCA**

A hub for recreation in Eastern Queens, the Cross Island YMCA offers a comprehensive sports program for adults and children with physical and mental disabilities. The facility includes an accessible pool and locker rooms, full-size gymnasium, tennis courts, track, outdoor field and parking. The Cross Island Y is an official training site for Special Olympics, offering free sports training and competitions for all ages in track and field, tennis, soccer, swimming and basketball. Certified instructors teach both group and individual swim instruction for adults and children. Children with disabilities are mainstreamed in programs upon assessment. The Cross Island Y offers a fully integrated summer day camp program for children who are physically disabled and cognitively intact. Financial assistance is available upon application and qualification. Another available program is Instructional Water Exercise for Adults with Disabilities, which can enhance physical fitness, maintain/improve muscle tone and improve flexibility. Cross Island also offers the Arthritis Foundation YMCA Aquatics Program (see Vanderbilt Y for complete program description).

### **Cross Island YMCA**

238-10 Hillside Ave.  
Bellerose, NY 11426

718-479-0505 tel  
718-551-9325 tel  
718-468-9568 fax  
jdattner@ymcanyc.org

### Flushing YMCA

The Flushing YMCA offers a variety of classes for older adults living with arthritis and osteoporosis. Their Forever Fit program offers low impact aerobic classes. They have water aerobics, a program called Stretching for Sanity and the Senior Shape-Up program, a water-based, low impact exercise class.

### Flushing YMCA

138-46 Northern Blvd.  
Flushing, NY 11354  
718-961-6880 tel

### Jamaica YMCA

The Jamaica Y offers the Arthritis Foundation YMCA Aquatics Program, which includes range-of-motion exercises designed to help maintain normal joint movement, relieve stiffness and restore flexibility and movement for people suffering from arthritis and related conditions.

### Jamaica YMCA

89-25 Parsons Blvd.  
Jamaica, NY 11432  
718-739-6600 tel  
212-912-2200 tel  
718-739-8738 fax

## Staten Island

### Staten Island YMCA

#### Broadway Branch

The Broadway Branch of the YMCA offers the Silver Sneakers Muscular Strength and Range of Movement program, which can be performed from a chair, for seniors and disabled members who are looking for an exercise program that can help with maintaining or increasing their daily living skills.

#### Staten Island YMCA Broadway Branch

651 Broadway  
Staten Island, NY 10310  
718-981-4933 tel  
vlagoudis@ymcanyc.org

### Staten Island YMCA

#### South Shore Branch

The South Shore branch of the YMCA offers the Silver Sneakers Muscular Strength and Range of Movement program, which can be performed from a chair, for seniors and disabled members who are looking for an exercise program that can help with maintaining or increasing their daily living skills.

### Staten Island YMCA

#### South Shore Branch

3939 Richmond Ave.  
Staten Island, NY 10312  
718-227-3200 tel  
erautenstrauch@ymva.org  
ywcanyc.org

## YWCA Programs

### The Angela Perez Center for People with Disabilities

The YWCA's Angela Perez Center for People with Disabilities identifies needs within the community and works to "fill the gaps" in answer to those needs, taking an inclusive approach to the development of programs that promote self-sufficiency, personal empowerment and independence for people with disabilities. The Center supports non-ambulatory populations and focuses on program development for people with substantial functional limitations, the developmentally disabled, and their families. These programs provide individual and family support services, including independent living skills training, after school programming, and therapeutic recreational/respite programs. They also provide health and fitness and arts and crafts resources in an inclusive setting, and the dissemination of information to persons with special needs, their families, and advocates. The Perez Center serves youths and adults with disabilities citywide with recreational/respite programs, integrated day camps, disability awareness training, counseling, mentoring, and health and fitness resources for children with special needs. The Perez Center, in

partnership with the New York City Department of Education's Brooklyn Occupational Training Center and the Brooklyn Center for Students with Multiple Disabilities, provides more than 2,000 hours of holiday respite to caregivers and recreational outings to students ages 13–19 who have physical and often multiple and profound disabilities. Recreation and Respite Services will provide transportation for and supervise three weeks of recreational outings to communities around the five boroughs.

### The Angela Perez Center for People with Disabilities

212-735-9766 tel  
info@ywcanyc.org

### Winter Mentors

Winter Mentors is a joint initiative of the Jewish Community Center in Manhattan and Achilles Kids, founded in 1985 and sponsored by Achilles Track Club as a free "running/walking/rolling" program for children with special needs. Every child, regardless of ability, can participate with success in Winter Mentors. The project is structured to provide mentoring by adult athletes with special needs and activities that are adapted to provide all levels of support for young people

with disabilities. Winter Mentors will also provide mentoring, counseling, information, and referral to the more than 400 family members who accompany their children/siblings to the YWCA for athletic participation.

#### **Winter Mentors**

Achilles Kids  
212-354-0300 tel

#### **Summer Sails! Seaport Sails and Overnight Respite**

In partnership with The Penny Project of the South St. Seaport Museum, the Perez Center has brought Summer Sails! to hundreds of youngsters. Working through collaborations with the Department of Education and service providers like Achilles Kids citywide, the Perez Center coordinates adventures aboard the tall ships of the South St. Seaport for children and young adults with special needs. They have accommodated more than 400 youngsters whose special needs include visual impairment or blindness, ADD/ADHD, emotional

disability, cerebral palsy, mental retardation and those who have multiple and profound disabilities.

#### **The SummerTeens Day Camp**

**The YW-NYC's SummerTeens Day Camp** is all about full inclusion of adolescents with developmental disabilities, ages 12–15, at their mainstream summer day camps.

#### **SummerTeens Day Camp**

212-735-9747 tel

In addition to providing the SummerTeens Day Camp to youngsters with special needs, the YW-NYC offers technical assistance to other community based organizations that wish to integrate their recreational and camping services. The YWCA also offers awareness training to campers and their families and disseminates the results and lessons learned from the SummerTeens Day Camp to a network of youth program providers through discussions and workshops.

## Samuel Field YM and YWHA

The Samuel Field YM and YWHA is a community center in Queens that services more than 25,000 individuals and 22 different sites. The Samuel Field YM and YWHA has been committed to providing quality services to people with special needs for 50 years. Programs available for people with disabilities include special services for the after school program, the school holiday program, the summer day camp programs, and the monthly teen program. Along with these special services programs, Samuel Field offers the C.H.I.L.D. (Center for Helping Individuals with Learning Disabilities) Program, a Sunday Jewish education program for children who have developmental disabilities, as well as a program that services adults with physical challenges.

#### **Samuel Field YM and YWHA**

58-20 Little Neck Parkway  
Little Neck, NY 11362  
718-225-6750 tel  
sfy@sfy.org  
sfy.org



# **Organizations Providing Special Services in New York City**





# The Big Apple Greeter

Since 1992, Big Apple Greeter has connected more than 88,000 visitors from around the country and the world with more than 1,500 volunteer residents—known as Greeters—who want to show off the neighborhoods where they live and work. Through these free two- to four-hour visits to New York City's diverse neighborhoods and hidden treasures, Big Apple Greeter is putting a human face on NYC by helping visitors get the scoop from real New Yorkers about how to navigate the City.

The aim of the Greeter Access Program, created in 1993, is to reach out to travelers with disabilities and to let them know that NYC is friendly and accessible to all visitors. Through its ongoing Sensitivity Awareness sessions, the program helps make Big Apple Greeter's annual pool of more than 300 volunteers more aware of access issues. Since the Access Program was launched, Big Apple Greeter has welcomed several thousand visitors with disabilities and their traveling companions, and has also recruited Greeters with disabilities to share their insider's knowledge of the City's accessible options. (Eighteen current Greeters have disabilities.) All of the MTA's buses, for example, are equipped with lifts so that wheelchair users can travel with their able-bodied friends and family. Most of New York City's incredible sights and attractions are also accessible. In addition, a number of organizations offer special discounts to travelers with physical disabilities.

## United Spinal Association

1 Centre St.  
New York, NY 10007  
212-669-8159 tel (general info)  
212-669-7308 tel (volunteer info)  
212-669-8159 or 669-8198 tel  
(Access Program)  
212-669-3685 fax  
212-669-8273 TDD

information@bigapplegreeter.org  
(general info)

visitrequest@bigapplegreeter.org  
(visitor info)

volunteerdepartment@bigapple-  
greeter.org (volunteer info)

access@bigapplegreeter.org  
(Access Program)  
bigapplegreeter.org



**BIG APPLE GREETER**

# Hospital Audiences, Inc.

Hospital Audiences, Inc. (HAI), is a not-for-profit organization founded in 1969 that provides access to the arts for people in New York City who are isolated from the cultural mainstream because of health, age, income or developmental, mental or physical disabilities, including visual and hearing impairments. Through the efforts of its full- and part-time staff and volunteers and more than 500 artists, HAI coordinates visits to performing and visual arts organizations and other venues, or brings the arts directly to people at health, educational and social service institutions. Since its founding, HAI has enabled an estimated 12.6 million New Yorkers to enjoy more than 395,000 cultural activities.

HAI also offers Arts Workshops at day programs, residential treatment centers, skilled-care facilities, after-school programs, substance abuse treatment programs and homeless shelters for adults. These participatory activities allow people with disabilities to express themselves creatively in music, dance, visual arts, drama, video, animation and computer arts. Through its Prevention Education Program, HAI uses theater arts to address health and social challenges, presenting lifesaving information and decision-making skills to young people in schools, detention centers and community centers. HAI's work is made possible by city and state agencies as well as foundation, corporate and individual support.

## Hospital Audiences, Inc.

548 Broadway, 3rd fl.  
New York, NY 10012-3950  
212-575-7676 tel  
212-575-7669 fax  
hai@hospaud.org  
hospitalaudiences.org



# Resources for Children with Special Needs, Inc.

Resources for Children with Special Needs, Inc. (RCSN), is an independent, not-for-profit organization that, since 1983, has been providing information, training and other support to families and professionals who are caring for young people with learning, developmental, emotional and physical disabilities, health challenges and other special needs. RCSN also advocates for improved educational and social opportunities for these children and helps parents with their own advocacy efforts. The organization's Web site features very useful links to other local and national resources, as well as a database that is searchable by service category—including "health/medical services," "adapted equipment technology" and "advocacy/legal/information"—or agency. Among RCSN's publications for caregivers of children with disabilities are comprehensive guides to schools in the New York City metro area and recreational opportunities, including camps, throughout the Northeast. RCSN's annual Special Camp Fair provides a unique opportunity for parents to meet with representatives of these camps to find the best summer program for their child.

## Resources for Children with Special Needs, Inc.

116 E. 16th St., 5th fl.  
New York, NY 10003  
212-677-4650 tel  
212-254-4070 fax  
info@resourcesnyc.org  
resourcesnyc.org



# Sprout

Sprout is a private, nonprofit organization based in New York City that helps adults with developmental disabilities and mild to moderate mental retardation grow through challenging and safe travel experiences. Through custom-designed recreational, leisure and community-based activities in a small group setting, Sprout strives to improve the mobility, self-confidence and socialization of its participants, who must be at least 21 years old and ambulatory. An additional goal of the group is to break down barriers between these individuals and the general public. Sprout can also custom-design trips for groups of at least five that are sponsored by agencies throughout the United States. Launched in 1979, the organization assists more than 1,800 adults each year. Sprout's year-round service allows each traveler to tailor a vacation to meet his or her specific needs. Trips can range from a weekend escape to a weeklong adventure abroad. Each group has a traveling ratio of three participants to one Sprout leader, with the typical group consisting of 10 clients and three leaders. Sprout organizes all transportation, arranges for lodging, provides group leaders and dispenses medications. Most trips begin and end in New York City (flights leave from one of the three metropolitan airports), although some pickups are available in Connecticut, New Jersey and upstate New York. Over the years, Sprout has traveled to many places around the world and is pleased to plan trips to new locations or old favorites.

## Sprout

893 Amsterdam Ave.  
New York, NY 10025  
212-222-9575 tel  
888-222-9575 tel (toll-free)  
212-222-9768 fax  
vacations@gosprout.org  
gosprout.org



# VISIONS/Services for the Blind and Visually Impaired

Since 1926, the nonprofit social service agency VISIONS/Services for the Blind and Visually Impaired has worked with government, foundation and corporate partners to provide free, comprehensive services for people of all ages—most of them residents of New York City—who are legally blind or visually impaired. Those services—which include vision rehabilitation, optical aids and adapted equipment, community outreach, independent-living training, vocational programs, job-placement assistance and support groups—reach approximately 4,000 people each year. VISIONS has programs specifically for children and youths—including an after-school and summer program that offers paid work experience and supervised activities—and specialized programs for adults and seniors. VISIONS also recruits and trains high school volunteers who visit people to help with tasks such as reading and shopping. The organization operates VISIONS at Selis Manor, an adaptive learning environment and community center that provides rehabilitation, recreational, educational, therapeutic, and social services programs and facilities to nearly 800 blind or visually impaired residents of NYC and neighboring counties; and the VISIONS Center on Blindness (VCB), a 35-acre residential training and rehab facility for blind and visually impaired children, adults, seniors and their families, most of whom also live in NYC. An increasing number of VCB's more than 600 annual participants have multiple disabilities.

## **VISIONS/Services for the Blind and Visually Impaired**

500 Greenwich St., 3rd fl.  
New York, NY 10013-1354  
212-625-1616 tel  
888-245-8333 tel (toll-free)  
212-219-4078 fax  
[info@visionsvcb.org](mailto:info@visionsvcb.org)

## **VISIONS at Selis Manor**

135 W. 23rd St.  
New York, NY 10011  
646-486-4444 tel  
646-486-4343 fax

## **VISIONS Center on Blindness**

111 Summit Park Rd.  
Spring Valley, NY 10977  
845-354-3003 tel  
845-354-5130 fax

## **Blindline**

888-625-1616 tel (toll-free)  
[blindline.org](http://blindline.org)

**visions**  
services for the blind and visually impaired



# Major National and International Adaptive Organizations

## Wheelchair Sports Federation

The Wheelchair Sports Federation is a not-for-profit organization dedicated to enhancing the lives of people with disabilities through wheelchair and adaptive sports. It is comprised of adaptive athletes and adaptive teams who believe in promoting the health and mental benefits of adaptive sports as well as working to provide the opportunities to compete at all levels. By hosting, sponsoring and coordinating adaptive sports tournaments, clinics, practices and games, the Wheelchair Sports Federation helps to provide adaptive sports opportunities to all individuals at every skill level. Wheelchair Sports Federation offers a wide array of adaptive sports programs for people of all ages and abilities; programs include wheelchair basketball, sled hockey, wheelchair football, quad rugby, wheelchair tennis, track and field, swimming, power wheelchair soccer, handcycling, bowling and wheelchair softball. We believe that if a sport exists, it can be adapted for all.

### Wheelchair Sports Federation

6454 82nd St., ste. 2  
Middle Village NY 11379  
917-519-2622 tel  
[info@wheelchairsportsfederation.org](mailto:info@wheelchairsportsfederation.org)  
[wheelchairsportsfederation.org](http://wheelchairsportsfederation.org)





# Freedom's Wings International

Freedom's Wings International (FWI) is a nonprofit organization run by and for people with physical disabilities. FWI provides the opportunity for those who are physically challenged to fly in specially adapted sailplanes, either as a passenger or as a member of the flight training program. The purpose of Freedom's Wings International is to bring the world of soaring to disabled persons by exposing persons with disabilities to the soaring experience; teaching qualified persons with disabilities to soar; providing facilities for soaring to those persons with disabilities able to soar; providing training for instructors, ground crew, and flying students; providing a nonprofit educational and fraternal organization; and serving as a resource and model for other organizations with similar intent. FWI works closely with local and national organizations for people with physical disabilities and encourages organizations to learn more about its programs.

## Freedom's Wings International Inc.

324 Charles St., Apt #25  
Coopersburg, PA 18036  
800-382-1197 tel  
freedomswings.org



# International Wheelchair Aviators

International Wheelchair Aviators (IWA), founded in 1972, is a worldwide group of disabled and able-bodied pilots interested in aviation and flying. Members have many different disabilities including, but not limited to, paraplegia, quadriplegia, amputee, multiple sclerosis, spina bifida and polio. Through its hard work and persistence, and with the help of the FAA medical system, hundreds of people have been given the opportunity to resume flying careers or fly for the first time in their lives. Over the past 25 years, several hundred IWA members have flown thousands of hours all over the world, highlighted by the first round-the-world solo flight by paraplegic "Rode" Rodewald in 1984. IWA provides disabled children across America the opportunity to experience the joy of soaring. Challenge Air flies all over the country, taking hundreds of disabled kids for free rides. On the West Coast, many of the able-bodied and para-members have flown with the annual Eagle flight, giving thousands of disabled kids rides over Disneyland. IWA also helps disabled persons in their quest to fly by providing valuable information about FAA medical requirements, hand-control availability and flight schools that work with the disabled. The organization also provides a current listing of more than 200 pilots and their disability or injury, type of plane flown, and type of hand control used.

## International Wheelchair Aviators

P.O. Box 4140  
Big Bear Lake, CA 92315  
951-529-2644 tel  
IWAiators@aol.com  
wheelchairaviators.org



# Sky Sailing

Sky Sailing, founded in 1959 and located in California, provides people of all abilities an opportunity to experience soaring. Through this organization, people with disabilities and their families can participate in the sport of soaring—the practice of flying with a sailplane or glider. The sport requires a great deal of dedication that can translate into other aspects of one's life.



**Sky Sailing, Inc.**  
31930 Highway 79  
Warner Springs, CA 92086  
760-782-0404 tel  
skysailing.com



# The National Amputee Golf Association

The National Amputee Golf Association's (NAGA) Golf for the Physically Challenged program has enabled many people to realize that they can play the game and enjoy an outdoor sport despite their disability. Many amputees and physically challenged individuals have rediscovered their sense of personal pride through their participation in NAGA golf programs. The NAGA coordinates "first swing" and "learn to golf" clinics. It provides instructors and information about hosting a clinic, as well as information on programs and resources available to amputees. NAGA also provides golf swing instruction, prosthetic adaptations and referrals, golf equipment, and general information about living as an amputee. NAGA strives to raise awareness among amputees and the general public about the progress and issues surrounding amputees. It plans and organizes the U.S. National Amputee Golf Tournament and international challenge matches. NAGA also provides suggestions and guidance for starting and running a new tournament.

**National Amputee Golf Association**  
11 Walnut Hill Road  
Amherst, NH 03031  
info@nagagolf.org  
nagagolf.org



# The United States Golf Association

The United States Golf Association (USGA) Resource Center for Individuals with Disabilities is funded and managed by the USGA in partnership with other national organizations. The USGA is committed to making the sport of golf accessible to all and has granted more than \$2.4 million to golf programs for individuals with disabilities. The Resource Center for Individuals with Disabilities was created to make golf more accessible for the growing population of disabled golfers. The Resource Center operates by gathering and making available vital information to potential or current golfers with disabilities and other interested members of the golf and medical communities. In addition, the USGA has created an instruction booklet to assist golf facilities in becoming more welcoming and accessible to individuals with disabilities.

## **United States Golf Association Resource Center for Individuals with Disabilities**

1631 Mesa Ave.  
Colorado Springs, CO 80906  
719-471-4810, Ext. 15 tel  
resourcecenter@usga.org  
resourcecenter.usga.org



# The Eastern Amputee Golf Association

The Eastern Amputee Golf Association (EAGA) was founded in 1987 as a nonprofit charitable organization that assists in the rehabilitation of amputees and provides for their general welfare, both physical and psychological, through the medium of golf and its associated activities. The EAGA provides annual scholarships to qualified applicants who are amputee members and/or family members. The EAGA also provides instructional golf videos for the physically challenged, available free of charge to members, or through the EAGA office. EAGA conducts eight two-day tournaments, 26 “learn to golf” clinics, and seven one-day outings and scrambles. The EAGA hopes to attract more amputees to experience the excitement of golf. Through the efforts of its membership, the EAGA attempts to reach as many amputees as possible to introduce them to the sport of golf.

## **Eastern Amputee Golf Association**

2015 Amherst Drive  
Bethlehem, PA 18015-5606  
888-868-0992 tel  
610-867-9295 fax  
info@eaga.org  
eaga.org



# The United States Sled Hockey Association

The primary mission of The United States Sled Hockey Association (USSHA) is to foster the advancement of sled hockey for all individuals without prejudice or discrimination. The organization pledges, through progressive leadership and mutual cooperation, to ensure meaningful opportunities and enjoyable experiences for competitors in a sportsmanlike environment, both within the United States and internationally. Sled hockey is played mainly by people with lower extremity disabilities, but is not limited to people with amputations, spinal cord injuries, cerebral palsy, and post-polio. Players use their arms to propel themselves by digging the picks on the ends of two short hockey sticks into the ice and pulling forward. In sled hockey, players are seated on sleds, which are affixed to two hockey skate blades under the seat. The sleds are about three inches off the ice and are anywhere from two to four feet long, depending on the size of the player. The sled glides on the blades and a metal bar in the front. The few differences between a sled hockey game and a typical hockey game are 15 minute periods instead of 20, two sticks instead of one, and the sled hockey players wear a sled on top of their skates. The puck is the same and the pads are the same.

The United States Sled  
Hockey Association  
[usahockey.com](http://usahockey.com)



# The American Amputee Hockey Association

The American Amputee Hockey Association's (AAHA) primary mission is to develop the sport of ice hockey for amputees and other amateur athletes, regardless of physical ability. The AAHA assists people with disabilities who are interested in competing locally, nationally, and internationally. They are sanctioned by USA Hockey and Disabled Sports USA to conduct developmental camps and clinics, and to advance the goal of future Paralympic participation by amputee hockey players competing upright on or with their prostheses. Amputee Hockey is identical to amateur ice hockey, except the athletes are missing one or more of their upper or lower extremities. Competing with other amputees allows participation in a fast-paced exciting sport on a level playing field. One of the AAHA's objectives is to grow the sport to a national level, with the hopes that other national teams and international tournaments will follow.

The American Amputee  
Hockey Association  
[amputeehockey.org](http://amputeehockey.org)





# American Hearing Impaired Hockey Association

The American Hearing Impaired Hockey Association (AHIHA) is one of the leading sports organizations in the United States serving hearing-impaired athletes. AHIHA's mission is to instill confidence and self-esteem in these individuals, many of whom find it difficult to participate in regular athletic programs because of their hearing disability. Each summer, AHIHA overcomes this problem by hosting a unique weeklong hockey camp designed especially for these athletes. The Stan Mikita Hockey School for the Hearing Impaired is named after Stan Mikita, one of the co-founders of AHIHA and a member of the National Hockey League's Hall of Fame. Since AHIHA was founded in 1973, more than 2,000 hearing-impaired youngsters from across the country have participated in AHIHA-sponsored programs and clinics. In addition, AHIHA has been the primary supplier of players to the U.S. Deaf Olympic Hockey Team. A nonprofit organization that is based in Chicago, AHIHA also assists the hearing-impaired community in other ways, such as helping players obtain hearing aids and speech, auditory and language therapy.

## American Hearing Impaired Hockey Association

1143 West Lake St.  
Chicago, IL 60607  
312-226-5880 tel  
312-829-2098 fax  
773-767-3130 TTY  
info@ahiha.org  
ahiha.org



# The U.S. Electric Wheelchair Hockey Association

The mission of the U.S. Electric Wheelchair Hockey Association (EWHA), a nonprofit corporation, is to provide a quality hockey program for persons who require the use of an electric wheelchair in daily life. Electric wheelchair hockey provides a competitive sports opportunity for persons not possessing the physical upper body strength needed to participate in other sports. Anyone who uses an electric wheelchair in daily life may join. Participation is not restricted to gender, and the earliest suggested age to begin playing is 13 years old.

## U.S. Electric Wheelchair Hockey Association

7216 39th Ave. North  
Minneapolis, MN 55427  
763-535-4736 tel  
208-279-1368 fax  
powerhockey.com



# North American Riding for the Handicapped Association

The North American Riding for the Handicapped Association (NARHA) is a nonprofit organization founded in 1969 that promotes the rehabilitation of individuals with physical, emotional and learning disabilities through equine-facilitated activities. NARHA does this through its worldwide network of member therapeutic riding centers. For individuals with disabilities, therapeutic riding improves muscle tone, balance, posture, coordination, motor development and emotional well-being. NARHA promotes and supports therapeutic riding in the US and Canada. At nearly 800 NARHA riding centers, more than 42,000 individuals with disabilities find a sense of independence through horseback riding. In addition to therapeutic riding, a center may offer any number of equine activities such as driving, vaulting, trail riding, competition or stable management. NARHA provides program accreditation to ensure the highest safety standards and low-cost liability insurance for NARHA riding centers. Instructors couple their knowledge of riding and disabilities to best serve student needs. Other educational resources include regional workshops, annual conferences and regional/state networks. Organizations participating in NARHA programs include the Muscular Dystrophy Association, Multiple Sclerosis Society, Special Olympics, Spina Bifida Association and the United Cerebral Palsy.

## North American Riding for the Handicapped Association

PO Box 33150  
Denver, CO 80233  
800-369-7433 tel  
303-252-4610 fax  
narha.org



# The Adaptive Riding Institute

The Adaptive Riding Institute (ARI), formerly known as H.O.R.S.E.S., offers recreational horseback activities and related services to people with disabilities and their significant others. ARI provides equine assisted programs several days per week in South Salem and Silverton, Oregon. These facilities have beautiful indoor arenas and trails, allowing our riders to enjoy horse activities in all types of weather. Horseback camping trips and scenic trail rides are also offered during the summer. ARI owns approximately 15 horses, many of which are specially trained to work with people having certain types of disabilities, and offers four equine assisted programs: Therapeutic Riding, Personal Development and Learning, Recreational Horseback Riding, and Equine Assisted Recreational Therapy. First time participants receive a riding evaluation to determine their abilities and needs. All equipment is provided including ASTM-approved helmets.

## Adaptive Riding Institute

PO Box 280  
Scott Mills, OR 97375  
503-873-3890 tel  
info@adaptiveridinginstitute.org  
adaptiveridinginstitute.org



# The California Adaptive Rowing Program

The California Adaptive Rowing Program (CARP) helps people with disabilities participate and enjoy the sport of rowing/sculling. This nonprofit organization provides recreational and competitive training opportunities for physically challenged individuals. Experienced instructors teach the basics of water safety and the details of a perfect stroke. Rowing is a great way to get exercise while enjoying a sense of freedom. CARP can accommodate athletes from nearly all age groups as they participate in this challenging sport.

**The California Adaptive Rowing Program**  
Long Beach Rowing Association  
5750 Boathouse Ln.  
Long Beach, CA 90803  
562-505-4157 tel  
msparasurfer@aol.com  
carplb.net



# C.A.S.T. For Kids

C.A.S.T. (Catch a Special Thrill) for Kids was created in 1991 to enable disabled and disadvantaged children to experience the joy of fishing. For some kids, this is their first experience fishing or even spending time on the water. The young anglers are educated about fishing, boater safety, angler ethics, and the importance of fish and water as natural resources. During C.A.S.T. events, the children learn skills they can use for the rest of their lives. This nonprofit organization hosts more than 50 events per year in more than half of the US states, and the number and locations of events is growing annually.

**C.A.S.T. For Kids**  
227 S.W. 41st St.  
Renton, WA 98057  
425-251-3214 tel  
425-251-3272 fax  
castforkids.org



# Diveheart Foundation

The Diveheart Foundation, a nonprofit founded in 2001, is a national organization designed to teach children and adults with physical impairments to dive and snorkel. They provide and support educational SCUBA diving and snorkeling programs, which are open to any physically impaired child or adult. Diveheart's goal is to provide both physical and psychological therapeutic value to that person.

**The Diveheart Foundation**  
900 Ogden Ave, #274  
Downers Grove, IL 60515  
630-964-1983 tel  
info@diveheart.org  
diveheart.com



# Eels on Wheels Adaptive Scuba Club

The Eels on Wheels Scuba Club is a nonprofit organization created in 1991 by a group of individuals associated with St. David's Rehabilitation Hospital Aquatic Program in Austin, Texas. The Eels on Wheels Adaptive Scuba Club is committed to providing an environment in which anyone, regardless of their limitations, can safely learn and participate in scuba diving. The Handicapped Scuba Association certifies the instructors, divers, and dive buddies. The Eels consist of both able-bodied and adaptive divers, although everyone involved considers themselves an adaptive diver because of their shared training. Through the efforts of past and present members, the Eels have provided people from across the country with the opportunity to experience a new world underwater. They host Discovery Scuba events at local pools and at camps for children with disabilities, travel to dive as a group to exotic locals, and spread the word about adaptive diving through presentations and educational articles.

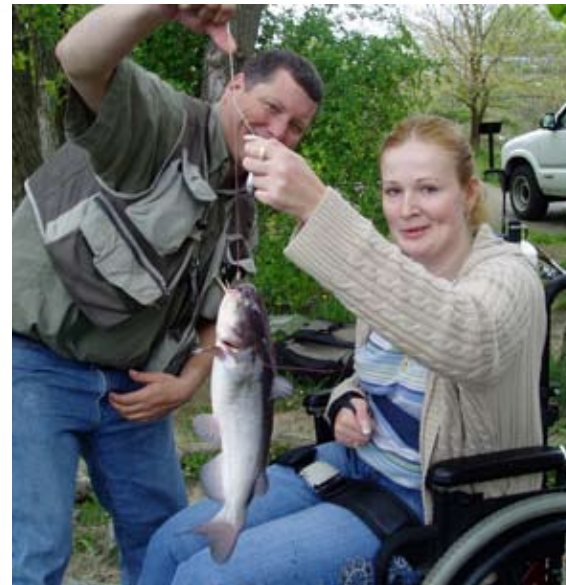
**Eels on Wheels Adaptive Scuba Club**  
1900 Metric  
Suite J-155  
Austin, Texas 78758  
(512-466-6428 tel  
eelsonwheels@sbcglobal.net  
eels.org



# Fishing Has No Boundaries, Inc.

Fishing Has No Boundaries, Inc. (FHNB) is a nonprofit, volunteer organization whose purpose is to provide disabled persons the opportunity to experience the outdoors through the world of fishing. FHNB introduces educational devices to aid the disabled angler and creates an atmosphere of friendship and camaraderie. Events include all-day fishing trips and overnight camping trips. Fishing Has No Boundaries, Inc. had its first event in 1988 and now has grown into a national organization with 23 chapters in 11 states.

**Fishing Has No Boundaries, Inc.**  
PO Box 375  
Hayward, WI 54843  
800-243-3462 tel  
715-634-1305 fax  
fhnvinc@cheqnet.net  
fhnvinc.org





# Handicapped Scuba Association International

Founded in 1981, the Handicapped Scuba Association International (HSA), a nonprofit organization, has dedicated itself to improving the physical and social well-being of people with disabilities through the sport of scuba diving. HSA operates as an independent diver training and certifying agency. HSA's diver education programs and Instructor Training Course (ITC) were developed in conjunction with two major certifying agencies, PADI and NAUI. Since the HSA Instructor Training Course was first introduced in 1986, it has trained and certified a network of more than 2000 instructors in more than 45 countries around the world. HSA's accessible International Dive Vacations provides disabled divers with the opportunity to visit some of the world's most beautiful dive sites.

**Handicapped Scuba Association International**  
1104 El Prado  
San Clemente, CA 92672-4637  
949-498-4540 tel  
949-498-6128 fax  
hsa@hsascuba.com  
hsascuba.com



# Handicapped Scuba Association Training Center of New Jersey

The Handicapped Scuba Association (HSA) Training Center of New Jersey is a member of HSA International, which is the world's leading authority on recreational diving for people with disabilities. Handicapped students are trained and certified according to HSA physical performance standards and a multi-level certification system. This certification enables HSA to train people with a wide range of disabilities.

**Handicapped Scuba Association Training Center of New Jersey**  
16 Afton Rd.  
Jackson, NJ 08527  
732-928-0461 tel  
stew@hsanjscuba.com  
hsanjscuba.com



# The Louisville Rowing Club

The Louisville Rowing Club (LRC) utilizes two boat houses located along the Ohio River in Louisville, Kentucky: Downtown (1501 Fulton St.) and Harrod's Creek (Upper River Rd.). Adaptive rowing provides training for individuals with numerous types of disabilities including, but not limited to, paraplegics, quadriplegics, amputees, and the visually impaired. The basic requirement is the ability to use one or both upper extremities—even if there is limited strength—and to understand the need for safety on and around the water. The basic techniques of adaptive rowing are the same as with able-bodied rowing—balance, timing, and oar work. The adaptations are based on the needs of the individual rower. Fixed seats (as opposed to sliding seats) are used for paraplegics and quadriplegics. For amputees, extra weight may be added to the boat for balance. Pontoons can also be added for extra stability. Disabled rowers can pair up with either another disabled rower or able-bodied rower in a double “shell,” or row by themselves in a single. Adaptive rowing can be competitive, recreational or both.

## Louisville Rowing Club

1501 Fulton St.  
Louisville, KY 40206  
502-523-0532 tel  
adaptivequeenbee@gmail.com  
louisvillerowing@hotmail.com  
louisvillerowingclub.org



# Sailing Alternatives

Sailing is one of the few sports in which people with many different disabilities can compete against each other on an equal level. In this sport, able-bodied sailors compete alongside amputees, paraplegics, and those with other disabilities. Everyone is sailing the same boat, with no handicapping system. Racing for sailors with disabilities is governed by the International Federation of Disabled Sailing (IFDS) and domestically by Sailors With Special Needs (SWSN), a subcommittee of U.S. Sailing. SWSN is not only involved in races and competition, but also engages in activities to promote disabled sailing programs and opportunities to learn to sail. Competitors are taught the importance of a strong program that provides therapy, rehab, and a chance to enjoy sailing as both a recreational and competitive activity.

## Sailing Alternatives

7262 South Leewynn Drive  
Sarasota, FL 34240  
941-377-4986 tel  
info@sailingalternatives.org  
sailingalternatives.org



# Surfers Healing

Surfers Healing is a foundation created to enrich the lives of children with autism and the lives of their families by exposing them to the unique experience of surfing. In 1999, the first Surfers Healing event was held at San Onofre Beach and met with resounding success. Today, Surfers Healing hosts single-day surfing events throughout the United States. These events are free to participants and are well attended, as approximately 200 individuals attend each event. Autism is reaching near epidemic proportions. A cure is still years away as doctors and researchers struggle to determine the exact cause of this debilitating disorder. Until a cure is discovered, Surfers Healing is focused on giving a day of relief to the parents and families of autistic children. The goal is to not only expose these children to the therapeutic experience of surfing, but to give them a normal day of fun at the beach.

## Surfers Healing

P.O. Box 1267  
San Juan Capistrano, CA 92693  
866-647-HEAL tel  
949-728-1200 fax  
surfershealing.com



# USA Water Ski

In 1994, Water Skiers with Disabilities Association was created as an official sport division of USA Water Ski. Water skiing has been adapted so that disabled athletes can participate and compete. Disabled water ski tournaments include slalom, tricks and jumping events in men and women divisions for blind individuals, multiplegics and leg and arm amputees. Leg and arm amputees compete with the same water ski equipment used by able-bodied athletes and have the option of skiing with or without prosthesis. Blind athletes also do not use special equipment and are assisted by another water skier who serves as a guide. Multiplegic athletes use a sit ski, which is larger than a ski typically used by an able-bodied athlete.

## USA Water Ski

1251 Holy Cow Road  
Polk City, FL 33868  
863-324-4341 tel  
863-325-8259 fax  
usawaterski.org

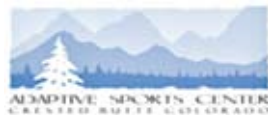


# Adaptive Sports Center of Crested Butte

Since 1987, the Adaptive Sports Center (ASC) has provided opportunities for people with disabilities to participate in a variety of outdoor adventure activities. The ASC believes these activities provide the participant with excellent opportunities for personal and physical growth. The activities offered are also an excellent chance for participants to experience adventure activities with friends and family. The ASC has the capacity to provide expert instruction to participants with physical, cognitive, developmental, social and emotional disabilities of all ages and backgrounds. The program provides both winter and summer outdoor adventure activities. The ASC uses high quality facilities and equipment and all programming is conducted in some of the most beautiful locations in the Colorado Rockies. Winter activities include mono and bi-skiing; visually and hearing impaired guided skiing; Nordic, backcountry and snow-cat skiing; three and four tracking; and backcountry hut trips. Summer activities include canoeing clinics, whitewater rafting, multi-day river trips, cycling/hand cycling, adaptive downhill mountain biking, camping, backcountry hiking, wild flower tours, and ropes course programming.

## The Adaptive Sports Center

P.O. Box 1639  
Crested Butte, CO 81224  
866-349-2296 or 970-349-  
2296 tel  
[adaptivesports.org](http://adaptivesports.org)



# Attitash Bear Peak's Perfect Turn

Experience the freedom of skiing with the Adaptive Ski Program, a part of Attitash Bear Peak's Perfect Turn. Physically and mentally challenged adults and children can enjoy the freedom of skiing unencumbered by wheelchairs and braces. All skiers with disabilities are welcome to participate. Participants may be amputees, developmentally disabled, visually impaired, spinal cord-injured, have neuromuscular disorders or other physical challenges. Lessons are available daily by reservation and include a lift ticket, one-on-one instruction, specially-designed equipment and coaching by qualified staff.

## Attitash Bear Peak's

### Perfect Turn

Route 302  
Bartlett, NH 03812  
603-374-2688 tel  
[attitash.com](http://attitash.com)





# The Breckenridge Outdoor Education Center

The Breckenridge Outdoor Education Center (BOEC) is a nonprofit organization that offers outdoor learning experiences to people of all abilities, including people with disabilities, those with serious illnesses and injuries, and “at-risk” populations. The BOEC is dedicated to helping people reach their full potential through individual and group programs. People of all abilities can get involved with adventure trips, internships, and volunteer positions. BOEC’s goal is to provide people the opportunity to learn new skills, experience natural areas, challenge themselves and work together to enhance their health and self-esteem. By meeting challenges and surpassing their own preconceived limitations, participants gain confidence. At the Breckenridge Outdoor Education Center, skiing is available to people with any disability. The BOEC Adaptive Ski Program offers one-on-one instruction at Breckenridge, Copper Mountain, and Keystone Resorts. The BOEC’s programs are directed toward all abilities, from the beginner to the seasoned skier needing only a ski buddy and fresh powder. Other winter group activities include nordic skiing, backcountry touring, snowshoeing, winter camping, a ropes course, peak climbing, and teambuilding.

## **Breckenridge Outdoor Education Center**

P.O. Box 697  
Breckenridge, CO 80424  
970-453-6422 tel  
970-453-4676 fax  
boec@boec.org  
boec.org



# Challenge Alaska

Challenge Alaska is a nonprofit organization that provides sports and therapeutic recreation opportunities for those with disabilities. Physical recreation is a crucial aspect of early rehabilitation and lifelong well-being. It is also an important step toward improved mobility, increased self-confidence, and development of specific skills. Challenge Alaska works to give participants the skills and confidence needed to eventually partake in recreational activities independently. Challenge Alaska built, and currently operates, the International Sports, Recreation and Education center in Girdwood, Alaska. Girdwood is also the location of Alyeska Ski Resort, one of Alaska’s premier downhill ski slopes.

## **Challenge Alaska**

3350 Commercial Drive, ste. 208  
Anchorage, AK 99501  
907-344-7399 tel  
907-344-7349 fax  
challengealaska.org



# Challenge Aspen

Challenge Aspen is a year-round program that provides recreational and cultural experiences for individuals who have mental or physical disabilities. Challenge Aspen believes that access is the key to participation, and through participation, people with disabilities can break through barriers, unite family and friends, and gain the self-esteem and confidence necessary to lead fulfilling, productive lives. Challenge Aspen, a nonprofit organization, was formed in December 1995, when it took over the 25-year-old adaptive ski program from the Aspen Skiing Company. Challenge Aspen offers a variety of daily activities such as horseback riding, whitewater rafting, paragliding, hand cycling, fishing, hiking, singing, and dancing. Special winter activities include adaptive skiing and snowboarding, snowshoeing, and ice skating. To help their members feel more comfortable, Challenge Aspen offers a “Buddy System” for a wide variety of its activities.

**Challenge Aspen**  
P.O. Box 6639  
Snowmass Village, CO 81615  
970-923-0578 tel/TTY  
970-923-7338 fax  
challengeaspen.com



# Maine Handicapped Skiing

Maine Handicapped Skiing (MHS) is a nonprofit organization that provides sports programs that attract students from the United States, Canada, and Great Britain. MHS’ mission is to develop and operate educational programs that encourage individuals with disabilities to discover new abilities through recreation. MHS hopes that recreational experiences will enhance other aspects of their lives to develop self-confidence, self-motivation, increased physical strength, and an improved self-image. MHS also wants its students to learn a sport they can enjoy with family and friends throughout their lives. MHS provides adaptive ski equipment and warm winter clothing. Trained volunteers work with children and adults with physical disabilities so they can become independent skiers and snowboarders. All lessons provided at Maine Handicapped Skiing are free of charge to its students. In the summer of 1999, Maine Handicapped Skiing started a small summer adaptive sports program for adults and children with physical disabilities. Lessons offered include canoeing, kayaking, hand cycling, outdoor skills, and adaptive golf.

**Maine Handicapped Skiing**  
8 Sundance Lane  
Newry, ME 04261  
800-639-7770 or 207-824-2440  
tel/TTY  
207-824-0453 fax  
info@skimhs.org  
skimhs.org



# Mount Snow Adaptive Ski Program

Mount Snow's Adaptive Ski Program has been in existence for more than 15 years and has grown each year as demand for this specialized instruction has increased. This program focuses on assisting guests to overcome physical challenges through strength building, balance and coordination, as well as overcoming mental challenges. Whether the need is for stand-up or sit-down equipment designed to compensate for a variety of physical challenges, or clinics serving hearing and visually impaired or developmentally challenged guests, Mount Snow provides the opportunity to learn a sport that can be shared with family and friends for a lifetime. At Mount Snow, AbilityPLUS supports the adaptive program and accepts donations to acquire new equipment.

**Mount Snow Resort**  
39 Mount Snow Rd.  
West Dover, VT 05356  
802-464-1100 ext. 4699 tel  
statem@mountsnow.com  
mountsnow.com



# The New England Handicapped Sports Association

The New England Handicapped Sports Association (NEHSA) was founded in 1972 as a nonprofit organization run by and for physically disabled persons who wanted to enjoy active and independent lives through participation in sports. In 1994, NEHSA expanded its program to include ski instruction for developmentally disabled persons. The program's goals are to encourage positive attitudes, social opportunities and personal growth through the challenges that participation in outdoor sports and recreation have to offer. NEHSA offers adaptive ski and snowboard lessons to people of all ages and all disabilities. At Mount Sunapee Resort, skiers participate in either a stand up or sit-down program, and some people try both. Among the stand-up skiers are amputees, persons who have recovered from polio or strokes, skiers with cerebral palsy, blind skiers, deaf skiers, and persons with developmental disabilities. Participants in the sit-down program may include persons with spina bifida, multiple sclerosis, paraplegic and quadriplegic.

**New England Handicapped Sports Association**  
P.O. Box 2135  
Newbury, NH 03255-2135  
603-763-9158 tel  
603-763-4400 fax  
info@nehsa.org  
nehsa.org



# Ski For Light, Inc.

Ski for Light, Inc. (SFL) is a nonprofit, international organization run entirely by volunteers that conducts an annual, weeklong cross-country recreational skiing program for blind, visually and mobility-impaired, and sighted adults. SFL teaches participants how to cross-country ski in an atmosphere that encourages everyone to realize that the only limitations are those they place upon themselves. Participants are encouraged to embrace the SFL motto, "If I can do this, I can do anything," in all aspects of their lives. Beyond daily cross-country ski instruction and outings for both the novice and experienced athlete, SFL also offers a wide variety of workshops and cultural activities designed to promote education and interaction among all participants. SFL has inspired the creation of nine independent state and regional organizations. These offshoots offer ongoing weekend and weeklong programs to teach disabled individuals to cross-country ski.

**Ski for Light, Inc.**  
1455 West Lake St.  
Minneapolis, MN 55408  
612-827-3232 tel  
sfl.org



# Telluride Adaptive Sports Program

The Telluride Adaptive Sports Program (TASP) is a nonprofit organization dedicated to providing adaptive skiing, horseback riding, and other recreational experiences for local residents and visitors with disabilities. TASP also conducts clinics and special events such as the annual Expand Your Horizons! Ski Camp for advanced skiers with disabilities held in late February, and a hand-cycle and downhill mountain biking clinic in August. TASP is a member of Disabled Sports USA, a national network of educational sports programs for people with disabilities. Ski instructors evaluate students' individual needs and goals to provide them with proper adaptive equipment. Ski methods include monoski, bi-ski, 3-track, 4-track and adaptations of skis or snowboard, as well as guiding techniques for blind skiers. The therapeutic horseback riding program operates under the standards and guidelines of the North American Riding for the Handicapped Association (NARHA). Certified riding instructors and physical therapists develop student lesson plans based on joint goals. Instructors guide students through a variety of tasks assisted by trained volunteers. As students progress, they may participate in trail rides, group rides, competition and overnight adventures. TASP participants experience a variety of benefits including improved balance, muscle tone, flexibility, and mobility. They also gain greater self-confidence, self-awareness, and self-esteem, which help to build healthy relationships.

**Telluride Adaptive Sports Program**  
P.O. Box 2254  
113 Lost Creek Lane Suite D  
Telluride, CO 81435  
970-728-5010 tel  
Fax: 970.728.7581  
tasp@tellurideadaptivesports.org  
tellurideadaptivesports.org





# Vermont Adaptive Ski and Sports

Vermont Adaptive Ski and Sports (VASS) offers year-round sports and recreation programs throughout Vermont. Currently, programs include skiing and snowboarding at Pico Mountain at Killington and Sugarbush Mountain Resorts, sailing on beautiful Lake Champlain, canoeing, kayaking, biking, indoor rock climbing, hiking, and many specialty camps. VASS serves all ages and disabilities. VASS is a U.S. Paralympic Academy state partner and the Vermont Chapter of Disabled Sports USA.

**Vermont Adaptive Ski and Sports**  
P.O. Box 139  
Killington, VT 05751  
802-786-4991 tel  
802-786-4986 fax  
office@vermontadaptive.org  
vermontadaptive.org



# National Sports Center for the Disabled

The National Sports Center for the Disabled (NSCD) is a nonprofit organization that provides recreation for both children and adults with disabilities. In addition to skiing, snowboarding and snowshoeing lessons, NSCD provides year-round competition training to ski racers with disabilities. Summer recreation opportunities include biking, hiking, in-line skating, sailing, therapeutic horseback riding, whitewater rafting, baseball, fishing, rock climbing for the blind, and camping. Each year, approximately 3,000 children and adults with disabilities train with the NSCD's competition program or enjoy the organization's recreational opportunities. A full-time staff and more than 1,000 trained volunteers provide about 28,000 lessons to participants from all 50 states and almost a dozen international groups. Participants' disabilities include blindness, amputation, deafness, developmental disabilities, birth defects, severe asthma and severe diabetes. Disabilities may also include permanent spine, head or limb injuries, as well as terminal or progressive illnesses. The NSCD attracts ski-school instructors and outdoor recreation specialists from around the world for its year-round clinics and its annual adaptive sports symposium.

**National Sports Center for the Disabled**  
PO Box 1290  
Winter Park, CO 80482  
970-726-1540 tel  
970-726-4112 fax  
info@ncsd.org  
ncsd.org



# National Ability Center

Located in Park City, Utah, the National Ability Center offers year-round affordable outdoor sports and recreational experiences for individuals with disabilities and their families. The objective of these experiences is to build self-esteem, confidence and physical development, thereby enhancing active participation in all aspects of community life. Programs include alpine skiing and snowboarding, Nordic skiing, horseback riding, waterskiing, cycling, swimming, canoeing, river rafting, scuba diving, snorkeling, indoor climbing, and adventure learning retreats and camps. In addition to offering professional instruction, the Ability Center also provides adaptive equipment for each of its programs. For those individuals and groups interested in visiting from out of state, the National Ability Center has a 26-room, double-occupancy bunkhouse, complete with wheelchair-accessible rooms, a kitchen, a cafeteria and workout facilities.

## National Ability Center

PO Box 682799  
Park City, UT 84068  
435-649-3991 tel  
435-658-3992 fax  
info@discovernac.org  
discovernac.org



# U.S. Adaptive Recreation Center

The U.S. Adaptive Recreation Center (USARC) began in 1983 and provides people with disabilities with winter and summer opportunities to participate in challenging outdoor recreation. USARC's programs create opportunities to explore and achieve one's potential. Headquartered at Big Bear Mountain Resort in Big Bear Lake, Calif., USARC's goal is to develop each participant's skills and self-confidence to undertake not only the challenges of these adventurous activities but also the challenges that may await them in the future.

## U.S. Adaptive Recreation Center

PO Box 2897  
43101 Goldmine Drive  
Big Bear Lake, CA 92315  
909-584-0269 tel  
909-585-6805 fax  
mail@usarc.org  
usarc.org



# Waterville Valley Adaptive Skiing Program

The Waterville Valley Adaptive Skiing Program, founded in 1992, teams up physically and mentally challenged children and adults with volunteers to learn to ski unencumbered by a wheelchair or braces. The Waterville Valley Adaptive Skiing Program operates under the non-profit status of the Waterville Valley Foundation. The program is guided by more than 30 trained volunteer instructors who teach lessons seven days a week. For first-time skiers, a "Learn to Ski" lesson is free. Group and private lessons are available daily, including holiday periods.

## **Waterville Valley Adaptive Skiing Program**

Town Square  
PO Box 253  
Waterville Valley, NH 03215  
603-236-8311 ext. 3175 tel  
[waterville.com/info/winter/adaptive.asp](http://waterville.com/info/winter/adaptive.asp)



# Whistler Adaptive Ski Program

The Whistler Adaptive Ski Program (WASP) provides people with disabilities an opportunity to be physically active by giving them access to one of the world's top ski resorts. WASP provides an environment where disabled patrons can have the opportunity and the support they need to focus on their special ability. At WASP, hundreds of people with a wide range of disabilities ski alongside other ski enthusiasts. Whistler/Blackcomb hopes to provide individuals with any disability the access to recreational facilities that will help increase their self-confidence, motivation and independence through outdoor recreation.

## **Whistler Adaptive Ski Program**

Whistler and Blackcomb Mountains  
4545 Blackcomb Way  
Whistler, BC, V0N 1B4  
Canada  
800-766-0449 ext. 2071 tel  
604-905-2016 fax  
[adaptiveski@intrawest.com](mailto:adaptiveski@intrawest.com)  
[whistlerblackcomb.com/rentals/adaptive](http://whistlerblackcomb.com/rentals/adaptive)



# Universal Wheelchair Football

Universal Wheelchair Football is an adaptation of American football that provides people with disabilities the opportunity to play football regardless of his or her ability. Players on a team can consist of any combination of paraplegics, quadriplegics, amputees, visually impaired, hearing impaired, able-bodied, men, women, kids, seniors, etc. The sport can be played in a gymnasium or on a parking lot. Participants can use a manual wheelchair, a power wheelchair or a scooter. Able-bodied individuals are encouraged to use available wheelchairs. If a participant does not have the ability to catch a ball but does have use of his/her arms, the ball has to hit anywhere from the elbows up. If the participant does not have use of his/her arms, the foam ball has to hit the person from the waist up. A catch or a tackle (touch) is only relevant if the ball or defensive person contacts the person and not their wheelchair.

## **Universal Wheelchair Football Association University of Cincinnati**

Raymond Walters College  
9555 Plainfield Rd.  
Cincinnati, OH 45236-1096  
513-792-8625 tel  
513-792-8624 fax  
[john.kraimer@uc.edu](mailto:john.kraimer@uc.edu)  
[rwc.uc.edu/kraimer/page1.htm](http://rwc.uc.edu/kraimer/page1.htm)

# World Wheelchair Sports

World Wheelchair Sports was founded, organized and is operated by people with disabilities. Whatever the nature of their disability, athletes discover the excitement and exhilaration of independent movement through sports. For many of the participants, there is a noticeable increase in self-esteem and confidence when they find themselves independently competing or teaming with other able-bodied athletes. Participation in these activities is often a catalyst for other positive improvements. Programs are dedicated to providing recreational fitness experiences and competitive athletic opportunities to people with mobility impairments. More specifically, the goals are to promote the concept that physical fitness is essential to all; facilitate independent movement for all people with disabilities; provide outdoor fitness opportunities for people with disabilities; promote and improve the skills of athletes with disabilities; and promote the integration of disabled athletes into athletic activities.

## World Wheelchair Sports

3552 George Court  
Eugene, OR 97401  
541-485-1860 tel  
[homepage.mac.com/wwscoach](http://homepage.mac.com/wwscoach)



# American Wheelchair Bowling Association

The American Wheelchair Bowling Association (AWBA) is a nonprofit organization for wheelchair bowlers dedicated to encouraging, developing and regulating wheelchair bowling and wheelchair-bowling leagues. The AWBA serves wheelchair bowling just as the American Bowling Congress (ABC) and the Women's International Bowling Congress (WIBC) serves able-bodied bowlers. The AWBA serves to strengthen clubs and leagues that are already formed. They also help independent bowlers start new leagues and offer assistance to individual wheelchair bowlers.

## American Wheelchair Bowling Association

PO Box 69  
Clover, VA 24534  
[info@awba.org](mailto:info@awba.org)  
[awba.org](http://awba.org)





# The National Wheelchair Basketball Association

The National Wheelchair Basketball Association (NWBA), founded in 1948, is the oldest and largest disability sport organization in the United States. In 1946, the members of the California Chapter of the Paralyzed Veterans of America (PVA) started the game of wheelchair basketball. It then spread to various Veterans Administration hospitals throughout the country, and by 1948 there were six teams, leading to the founding of the NWBA. The NWBA is made up of more than 185 teams consisting of men's, women's, intercollegiate and youth teams throughout the United States and Canada. NWBA's purpose is to provide persons with permanent lower-limb disabilities a chance to compete in wheelchair basketball. The NWBA's involvement ranges from a pickup game at a local school to the gold-medal game at a world championship.

**National Wheelchair  
Basketball Association**  
1130 Elkton St., Suite C  
Colorado Springs, CO 80907  
719-266-4082 tel  
719-266-4876 fax  
nwba.org



# USTA Eastern Wheelchair Tennis

Wheelchair tennis was created in 1976, and has grown rapidly ever since. The USTA manages the wheelchair-tennis activities in the United States through USA Wheelchair Tennis. There are approximately 5,000 recreational wheelchair tennis players in the United States and about 500 competitive players. USA Wheelchair Tennis Committee has publications and videos available on recreational and competitive wheelchair tennis. USTA section offices offer annual seed grants available for organizations interested in developing a wheelchair-tennis program. Wheelchair tennis tournaments are held in every major region of the United States, in all sections of the United States Tennis Association (USTA), and in more than 70 foreign countries. There are tournaments held on both clay and hard surfaces, indoors and outdoors. The USTA sponsors two international teams: the Paralympic Tennis Team and the World Team Cup. For more information about available tournaments, exhibitions, clinics and instructional camps, contact the USTA. For those who live near the National Tennis Center in Flushing, New York, every Sunday there are lessons offered for individuals of all levels.

**USTA Community Tennis**  
70 W. Red Oak Lane  
White Plains, NY 10604  
914-696-7291 tel  
usta.com

**USTA Eastern Wheelchair  
Tennis**  
Flushing Meadows–Corona Park  
Flushing, NY 11368  
718-760-6200 tel  
usta.com



# The USTA/PVA Wheelchair Tennis Camps

The Paralyzed Veterans Association (PVA) and the United States Tennis Association (USTA) annually co-sponsor the USTA/PVA National Wheelchair Tennis Camps. Each camp is designed for players and coaches of all skill levels and features a comprehensive curriculum of instruction. Some of the topics covered during the three-day camp include stroke production, tournament preparation and conditioning, singles and doubles strategy, mobility, mental training, and wheelchair setup and maintenance.

## USTA/PVA Wheelchair Tennis Camps

900 17th St., NW, Suite 400  
Washington, DC 20006-2504  
202-416-7683 tel  
202-955-8357 fax  
pva.org



# The United States Quad Rugby Association

The United States Quad Rugby Association (USQRA) was formed in 1988 to help promote and regulate the sport of quad rugby on both a national and international level. Since its inception, the sport has grown from four teams to more than 45 teams in the United States. The sport has grown internationally and is now played in more than 24 countries. Wheelchair rugby was featured as a demonstration sport at the 1996 Paralympics in Atlanta, Georgia, and is now recognized as a full medal sport at the Paralympics.

## US Quad Rugby Association

5861 White Cypress Drive  
Lake Worth, FL 33467-6203  
561-969-1970 tel  
561-642-4444 fax  
quadrugby.com



# AbilityPLUS

AbilityPLUS, Inc. is a nonprofit organization providing sports and recreation opportunities for people with disabilities in the Northeast. It also provides consultation services for programs throughout the United States and abroad. AbilityPLUS is dedicated to helping athletes of all ages and abilities realize their dreams. As its programs are open to everyone, the goal is to eliminate the barriers that prevent disabled athletes from participating in mainstream sports and recreational activities. AbilityPLUS teaches disabled individuals how to ski at Attitash/Bear Peak, Bretton Woods, Gunstock, and Waterville Valley ski areas in New Hampshire, Wachusett Mountain and Nashoba Valley in Massachusetts, and Mount Snow and Stowe Mountain in Vermont. AbilityPLUS also helps to integrate adaptive programs into all existing sports and recreational activities, especially those that are currently unavailable to disabled athletes.



**AbilityPLUS at Attitash/  
Bear Peak**  
Bartlett, NH  
603-374-2688 tel

**Bretton Woods Adaptive  
Ski Program**  
Bretton Woods, NH  
603-278-3398 tel

**Gunstock Adaptive  
Learning Center**  
Gunstock, NH  
603-293-4341 ext. 165 tel

**AbilityPLUS at  
Waterville Valley**  
Waterville Valley, NH  
603-236-8311 ext. 3175 tel

**Wachusett Mountain Adaptive**  
Wachusett Mountain,  
Princeton, MA  
978-464-2300 ext. 3718 tel

**Nashoba Valley Adaptive  
Snowsports**  
Nashoba Valley, MA  
978-692-3033 tel

**Mount Snow Adaptive Skiing  
Program**  
Mount Snow, VT  
802-464-1100 ext. 4699 tel

**Adaptive Skiing and Riding  
at Stowe**  
Stowe Mountain, Stowe, VT  
800-253-4754 ext. 3681 tel

**AbilityPLUS**  
P.O. Box 253  
Waterville Valley, NH 03215  
603-236-4758 tel  
603-236-4250 fax  
abilityplus.org

# Adaptive Adventures

Adaptive Adventures, a nonprofit member of Disabled Sports USA, identifies, promotes and provides recreational opportunities for people with disabilities and their families. It creates an information resource for the disabled community, thereby providing greater accessibility to existing recreational opportunities for people with disabilities and their families. Adaptive Adventures also provides recreational opportunities to promote independence and motivate people with physical disabilities to expand personal boundaries and go beyond physical limitations. The program promotes quality instruction for adaptive sports and recreation by offering clinics for instructors and volunteers, as well as providing manuals, books, and other resources for running different adaptive recreation activities. Adaptive Adventures' goals are to develop a greater number of participants, teachers, and role models throughout the disabled community; to offer educational programs designed to increase understanding and participation in recreational opportunities for all people and to offer scholarship opportunities for individuals with special needs. Adaptive Adventures offers programs for amputees, paraplegia, quadriplegia, cerebral palsy, head injury, multiple sclerosis, muscular dystrophy, spina bifida, stroke and visual impairments.

**Adaptive Adventures –  
Evergreen**  
P.O. Box 2445  
Evergreen, CO 80437  
303/877-679-2770 tel  
303-670-8290 fax

**Adaptive Adventures –  
Chicago**  
2616 Wilmette Ave.  
Wilmette, IL 60091  
847-251-8445 tel  
866-679-2770 tel

info@adaptiveadventures.org  
adaptiveadventures.org



# The Adaptive Adventure Sports Coalition

The Adaptive Adventure Sports Coalition (TAASC) was formed in 1997 to enhance the opportunities for children and adults with any type of disability to participate in recreational sports and community-based activities. TAASC offers seven different programs throughout the year that include alpine skiing, cycling, ice skating/sled hockey, kayaking, rock climbing, sailing, and water skiing. The location of these programs is primarily in Central Ohio, with extended trips to various locations throughout Ohio. The majority of TAASC's participants are from Ohio; however, many also travel from other states to take part. TAASC's programs educate while building leadership skills and enhancing the quality of life for individuals with any type of disability. TAASC provides participants with the necessary equipment and safety gear for each program. Instructors have been certified by various organizations that are program specific.

**The Adaptive Adventure Sports Coalition**  
6000 Harriot Road  
Powell, OH 43065  
614-940-1295 tel  
info@taasc.org  
taasc.org



# Adaptive Sports Association

The Adaptive Sports Association (ASA) is a year-round sports and recreational organization dedicated to enhancing the well-being of people with disabilities. ASA offers activities such as skiing, snowboarding, whitewater rafting, canoeing, sea kayaking, hiking, fishing, etc. The goal of ASA is to provide outdoor recreational opportunities in a barrier-free environment regardless of a person's individual financial limitations. Originally founded as an adaptive ski program, ASA's goal of becoming a year-round sports and recreational program was realized in 1997. With state-of-the-art adaptive ski equipment and summer equipment modifications, ASA provides instruction to both children and adults with learning and physical disabilities such as cerebral palsy. Professional Ski Instructors of America (PSIA) certifies many of ASA's instructors.

**Adaptive Sports Association**  
P.O. Box 1884  
Durango, CO 81302  
970-385-2163 tel  
(winter program)  
970-259-0374 tel  
(summer program)  
asadurango.com





# ALS Ride For Life

In 1997, Chris Pendergast, a former schoolteacher from Long Island, N.Y., formed a not-for-profit organization called Ride For Life. His vision was for Amyotrophic lateral sclerosis (ALS and also known as Lou Gehrig's Disease) patients to ride their electric-powered wheelchairs from Yankee Stadium to the Capitol Building in Washington, D.C. In May 1998, with the help of family and friends, Chris and his partners embarked on a 325-mile journey to the U.S. Capitol from Lou Gehrig's monument in centerfield of Yankee Stadium. They arrived nearly 13 days later, in time for national ALS Awareness and Advocacy activities sponsored by the ALS Association. In 2004, the Ride traveled from Manhattan to Montauk Point (the tip of Long Island) and now focuses more on the New York Metropolitan Area. This annual event increases ALS awareness, raises money to help find the cause and a cure, and supports ALS patients and their families.

## Ride For Life, Inc.

c/o Stony Brook University  
SSW, HSC, L 2 - Rm 106  
Stony Brook, NY 11794-8231  
631-444-1292 tel  
631-444-7565 fax  
email@rideforlife.com  
rideforlife.com



# The Bay Area Outreach and Recreation Program

The Bay Area Outreach and Recreation Program (BORP) is a nonprofit organization that provides challenging and innovative sports and recreation programs to people with physical disabilities and visual impairments who live in or visit the San Francisco Bay Area. BORP offers a variety of free and low-cost activities to people of all ages. BORP also has a resource library on recreation and other disability issues, and provides consultation and training on integrating recreation programs.

## Bay Area Outreach and Recreation Program

600 Bancroft Way  
Berkeley, CA 94710  
510-849-4663 tel  
info@borp.org  
borp.org



# Blind Sports Organization

The Blind Sports Organization (BSO) is a regional community service organization that promotes and provides sports and recreational opportunities for youth and adults who are blind and visually impaired. BSO encourages and assists communities and schools with the development of equal fitness, recreation, sport, and social opportunities for those with sensory and/or physical disabilities. BSO offers some instruction, practice, and competition in various international sports, plus other recreational activities through clinics, chapters, and partners. Dr. Mae Davidow created BSO, formerly Pennsylvania Association for Blind Athletes and the Philadelphia Blind Sports Club, in 1974. Dr. Davidow, a blind teacher at the Overbrook School for the Blind, believed that blind students who were leaving schools for the blind due to mainstreaming were not going to receive adequate access to physical education, fitness, recreation, sports, and social activities. Since 1987, BSO has hosted the Northeast-Davidow Games, an annual multi-state, multi-sport weekend of competitions and instructional clinics for youth and adults. BSO also helps train and support individuals and teams who wish to compete in national and international competitions. Three BSO athletes qualified to participate in the 2000 Summer Paralympics.

## Blind Sports Organization

465 Maplewood Ave.  
Springfield, PA 19064  
302-836-5784 tel  
info@blindsports.org  
blindsports.org

# Florida Disabled Outdoors Association

The purpose of the Florida Disabled Outdoors Association (FDOA) is to enrich the lives of persons with disabilities by providing information and education about the therapeutic value of participating in sports. In 1992, FDOA developed SPORTSABILITY, a multi-day event that targets people of all ages with any type of disability, as well as their families and friends. SPORTSABILITY provides persons with disabilities a unique opportunity to engage in sports and recreational activities such as sit skiing, sailing, kayaking, jet skiing, pontoon boat rides, horseback riding, wheelchair tennis, adaptive golf, archery, wheelchair basketball, wheelchair table tennis, goal ball, and much more. SPORTSABILITY's more than 1,400 participants are challenged to become more involved and explore opportunities that might otherwise have been overlooked. It has also evolved into a program to include the assistance of students from both Tallahassee Community College (TCC) and Florida State University (FSU). FDOA plans to continue the growth of SPORTSABILITY by introducing the program to other cities in Florida.

## Florida Disabled Outdoors Association

2475 Apalachee Parkway,  
Suite 205  
Tallahassee, FL 32301  
850-201-2944 tel  
850-201-2945 fax  
fdoa.org

# Northeast Passage

Established in 1990 as a non-profit organization, Northeast Passage is a program designed to improve the quality of life for individuals with disabilities. Its goal is to provide access to sports and recreation activities that enable people with disabilities to improve their physical skills and self-esteem. Northeast Passage creates an environment where individuals with disabilities can participate in recreation programs with freedom of choice and independence. It provides opportunities for people with disabilities to connect with their families, friends, community and nature, as well as with themselves. Participants accomplish their missions through education, problem solving, and the creation of opportunities while working in cooperation with other programs to create a strong network of accessible recreation.

## Northeast Passage

Hewitt Hall  
4 Library Way  
Durham, NH 03824  
603-862-0070 tel  
800-735-2964 or  
207-955-3323 TTY  
603-862-2722 fax  
northeast.passage@unh.edu  
nepassage.org



# Florida Disabled Outdoors Association

Outdoor Explorations (OE) is an inclusive disability organization that inspires personal growth through outdoor adventures. OE serves individuals with all types of disabilities, including physical, cognitive, sensory, emotional and multiple disabilities, as well as those without disabilities. Trips are designed for youth, adults, families, organizations and corporate groups to come out and enjoy daylong or multi-day adventures, regardless of skill. These adventures include whitewater rafting, kayaking, cycling, rocks and ropes, sailing, backpacking, snow shoeing and camping. OE provides transportation, food, equipment, and clothing for all participants. OE's staff and field volunteers have guided trips for more than 15 years and can accommodate all types of needs, giving participants a year-round opportunity to challenge themselves.

## Outdoor Explorations

98 Winchester St.  
Medford, MA 02155  
781-395-4999 tel  
781-395-4184 TTY  
781-395-4183 fax  
outdoorexplorations.org



# Turning POINT

Turning POINT sponsors many opportunities for physically challenged people from around the world to camp, fish, sail, scuba dive, hunt, water ski, or take pictures from a pontoon boat while cruising through the scenic swamps of East Texas. Turning POINT fosters the idea that it is beneficial to get together with other physically challenged people without feeling embarrassed. Turning POINT provides opportunities and equipment for independent and safe outings. Turning POINT also provides opportunities to learn about, and participate in, all wheelchair sports including billiards, basketball, tennis, golf, skeet shooting and bowling.

**Turning POINT**  
403 Pacific Ave.  
Terrell, TX 75160  
972-524-4231 tel/fax  
[turningpointnation.org](http://turningpointnation.org)

# The United Foundation for Disabled Archers

The United Foundation for Disabled Archers (UFFDA) has been in existence since 1994 and currently has more than 1,800 members throughout the United States. The UFFDA wishes to open the door to archery and bow hunting for any physically challenged person. Even if people have no desire to hunt, UFFDA provides an opportunity to experience the therapeutic benefits that modern archery can provide. UFFDA target tournaments provide both hunters and non-hunters a chance to compete against people with similar physical limitations in 3-D and target matches. During September and October, UFFDA hosts three four-day whitetail deer hunts in Northern Minnesota and Wisconsin for up to 100 physically challenged members. Hunters are selected each year by a drawing and then are assigned their own personal guides, who then contact the hunters to cater to their personal needs in preparing the hunting site. UFFDA also organizes and hosts 3-D archery tournaments during the summer months. These tournaments are hosted and staffed by volunteers who work with the disabled archers to help them learn to shoot the bow and arrow, regardless of their physical limitations.

**United Foundation for  
Disabled Archers**  
P.O. Box 251  
20 NE 9th Ave.  
Glenwood, MN 65334  
320-634-3660 tel  
[info@uffdaclub.org](mailto:info@uffdaclub.org)  
[uffdaclub.org](http://uffdaclub.org) or  
[horizontalbowhunter.com](http://horizontalbowhunter.com)





# World T.E.A.M. Sports

World T.E.A.M. (The Exceptional Athlete Matters) Sports was created to encourage, promote, and develop opportunities in sports for all persons, especially those with disabilities. It is about greater access and the coming together of all people through sports to learn and grow. At World T.E.A.M. Sports, the power of learning comes through participation in creative programs, clinics, outreach programs, and sporting events. As individuals and organizations join together in sports, attitudes change and differences disappear, uniting humanity under one common vision. World T.E.A.M Sports organizes and hosts between 12–15 innovative and challenging sporting events per year throughout the world. Athletes with and without disabilities come together to participate as one. The events promote diversity and increase awareness, acceptance, and integration for those with disabilities.

**World T.E.A.M. Sports**  
132 Turnpike Road  
Suite 300  
Southborough, MA 01772  
[worldteamsports.org](http://worldteamsports.org)



# The U.S. Youth Soccer TOPSoccer Program

On Saturdays across the country, a growing number of soccer leagues are helping children with disabilities score goals on and off the field. Playing soccer is dramatically improving the quality of life for young athletes both mentally and physically. The rules of the U.S. Youth Soccer TOPSoccer Program are slightly different than in most soccer games. There is no offsides, and the players in wheelchairs are able to use their hands. Sessions typically include a warm-up, skill lessons and small-sided games. Teams also change each week and are structured by needs and abilities, not by age. While the athletes reap countless rewards from the program, so do the soccer “buddies.” Each player is paired with a buddy, an able-bodied volunteer, who assists with handling the ball and moving the player around the field. The players are typically 8–19 years old. The volunteers help the athletes improve their mobility and self-confidence through soccer, and in turn, experience the thrill of making a difference in the young players’ lives.

**U.S. Youth Soccer TOPSoccer**  
[usyouthsoccer.org/programs/topsoccer/index\\_E.html](http://usyouthsoccer.org/programs/topsoccer/index_E.html)





# **Rehabilitation Centers for People with Disabilities**

# The Burke Rehabilitation Hospital

As one of the first health care institutions to advocate moderate exercise and physical activity for successful convalescence, The Burke Rehabilitation Hospital's 60-acre campus lends a supportive environment to help restore hope and speed the recovery process. Burke's wheelchair sports and fitness programs provide people with disabilities opportunities for maintaining fitness and building competitive skills throughout the year. Burke utilizes a multidisciplinary team approach to tailor individual programs to lessen disability and dependence resulting from disease or injury. Combining experience, state-of-the-art technology and training, Burke's doctors, nurses and therapists provide physical, occupational, speech/language, audiology and therapeutic recreation services along with medical and rehabilitative nursing care.

## The Burke Rehabilitation Hospital

785 Mamaroneck Ave.  
White Plains, NY 10605  
914-597-2500 tel  
web@burke.org  
burke.org



THE BURKE  
REHABILITATION HOSPITAL

# Cancer Support Services

Cancer Support Services is a nonprofit corporation, founded in 1994, that encourages patients through exercise, nutrition and psychosocial/spiritual support to become physically, mentally and socially active during and following cancer treatment. In 1998, Cancer Support Services launched the FORCE Program (Focus on Rehabilitation and Cancer Education), a first-of-its-kind intervention intended to dramatically increase the likelihood that cancer patients will recover faster, remain disease free, and most importantly, live longer. This modality addresses the particular needs of young cancer patients in addition to the general cancer population at large. The FORCE Program is a 20-week intervention that includes membership to a NYC health club and educational workshops devoted to stress management techniques and nutritional counseling.

## Cancer Support Services

1919 Madison Ave., ste. 108  
New York, NY 10035  
212-369-3205 tel/fax  
dgwilsondavis@aol.com  
cancersupport.org



# National Multiple Sclerosis Society, New York City

The New York City chapter of the National Multiple Sclerosis Society provides comprehensive support services to help people with MS and their families better cope with the consequences of the disease. Whether providing accurate and up-to-date information and referrals, helping people obtain or keep jobs, providing comprehensive medical care or running rehabilitation and counseling programs, the goal of the chapter's support system is to empower people with MS and their loved ones so that they can better control their lives. The Chapter offers 8- to 14-week recreation and fitness programs twice a year beginning in October and March. The programs take place on weekdays and evenings, and consist of yoga, aquatics, Pilates, an adult day program and body sculpting. The groups are for people with MS only and are designed to address the varying levels of mobility. The groups are led by instructors and often have aides available to assist, but cannot provide one-to-one assistance. In addition to these multi-week programs, the Chapter offers adaptive sports, therapeutic horseback riding and more. Registration is required for all programs.

## New York City Chapter National Multiple Sclerosis Society

733 Third Ave., 3rd fl.  
New York, NY 10017  
212-463-7787 tel  
212-986-7981 fax  
info@msnyc.org  
msnyc.org



# New York Institute for Special Education

The New York Institute for Special Education (NYISE) is a private, nonprofit, nonsectarian educational facility which provides quality programs for children who are blind or visually disabled, emotionally and learning disabled, and preschoolers who are developmentally delayed. The school was founded in 1831 as the New York Institution for the Blind, which was one of the first schools in the United States to provide an educational program for children who were blind or visually impaired. Early in the twentieth century, the name was changed to the New York Institute for the Education of the Blind to emphasize the educational character of the school. Nearly 300 students from ages 3 to 21 now attend NYISE. The school offers the option of a day program or a five-day residential program. An individualized education program is developed for each student. In addition, a full array of services is provided, which includes counseling, career guidance, occupational therapy, physical therapy, speech-language therapy, individual and team sports, and adaptive recreational activities.

## New York Institute for Special Education

999 Pelham Parkway  
Bronx, NY 10469-4998  
718-519-7000 tel  
718-519-6196 TTY  
718-231-9314 fax  
nyise.org





# Casa Colina Centers for Rehabilitation

Casa Colina Adaptive Sports helps athletes with disabilities gain self-confidence by experiencing success through mastering new skills. Participants maintain their health through regular physical activity, and set goals for a lifetime of achievement. The range of adaptive sports is constantly expanding both in the number of sports available and the skill level at which the sport is played. Casa Colina provides activities for people at every level of ability and sponsors the annual Land Meets Sea Sports Camp in Long Beach, CA. This is a five-day event at which experienced players share their expertise with campers in a range of land and sea activities including water skiing, jet skiing, introduction to SCUBA, basketball, hockey, rugby, power soccer, tennis and an expanded two-day kids camp. This event draws participants from California and across the nation.

## Casa Colina Centers for Rehabilitation

255 E. Bonita Ave.  
PO Box 6001  
Pomona, CA 91769-6001  
866-724-4127 tel  
909-596-7733 tel  
909-596-3646 TDD-TTY-Q  
909-593-0153 fax  
rehab@casacolina.org  
casacolina.org



# Craig Hospital

Craig Hospital offers a variety of recreational activities with the goal of facilitating improvement in patient rehabilitation. Craig has a full-court gymnasium, swimming pool, weight-training room, and a new therapeutic recreation center. In addition, Craig has various pieces of equipment that patients can try, including all-terrain vehicles, equestrian gear, and hand-propelled three-wheeled cycles. Craig also offers outings to lectures, movies, professional sporting events and more. Activities include aquatics, basketball, camping, canoeing, catamaran sailing, snow skiing, kayaking, cycling, tennis, fishing, waterskiing, hiking, wheelchair sports, horseback riding, white-water rafting, and hot-air ballooning.

## Craig Hospital

3425 S. Clarkston St.  
Englewood, CO 80110  
303-789-8000 tel  
admissions@craighospital.org  
craighospital.org



# Shake-A-Leg

Shake-A-Leg, Inc. is a nonprofit organization founded in 1982 to serve people with disabilities, with an emphasis on spinal cord and nervous system impairments. Shake-A-Leg strives to provide patients with a better quality of life through therapy programs focusing on improving the mind, body and spirit. Shake-A-Leg is a progressive rehabilitation center that operates four major programs: Body Awareness Therapy; Body Awareness Therapy for Teenagers; Adaptive Sailing; and Confidence Is Cool programs for children with disabilities. All programs challenge and encourage participants to move beyond what they think possible, generating the self-worth, confidence and esteem needed to build fulfilling lives. Shake-A-Leg programs are guided by the belief that self-confidence and self-esteem are the ingredients necessary for individuals to feel good about themselves, improve their quality of life, and ultimately, become more productive members of society. Working in both individual and team environments, participants not only make improvements in their own physical abilities and attitude, but also make significant contributions toward bettering the lives of their peers.

## Shake-A-Leg

PO Box 1264  
Newport, RI 02840  
401-849-8898 tel  
401-848-9072 fax  
shakealeg.org



# Winners on Wheels

Winners on Wheels (WOW), established in 1991 as a nonprofit organization, empowers children in wheelchairs by encouraging personal achievement through creative learning and expanded life experiences that lead to independent living skills. WOW believes that by encouraging personal achievement through creative learning and fun, self-esteem can be increased. WOW strives to guide each "Winner" to achieve at his/her own talent and skill level in order to become a valuable, contributing citizen. The WOW program is designed to accomplish the following goals: build self-esteem, encourage achievement, have fun, provide education, offer opportunity for teamwork, promote independence, and facilitate parental freedom. In order to make these goals memorable, an acronym was developed - SAFE-TIP. These seven SAFE-TIP goals create a strong foundation and framework within which their "Winners" can grow. Every element of the program, including sports and recreation, is designed to accomplish these SAFE-TIP goals.

## WOW (Winners On Wheels)

2842 Business Park Ave.  
Fresno, CA 93727-1328  
559-292-0151 tel  
559-291-3386 fax



# The National Center on Physical Activity and Disability

The National Center on Physical Activity and Disability (NCPAD) is operated by the Department of Disability and Human Development at the University of Illinois at Chicago and works in partnership with the Rehabilitation Institute of Chicago (RIC) and the National Center on Accessibility at Indiana University. NCPAD believes that exercise is for everybody. NCPAD's goal is to encourage and support people with disabilities who wish to increase their overall level of activity and participate in some form of regular physical activity. NCPAD offers a variety of resources to help people with disabilities become more active. NCPAD also offers resources for fitness and exercise professionals, health professionals, and researchers who share an interest in promoting increased physical activity for people with disabilities.

**The National Center  
on Physical Activity  
and Disability**  
1640 W. Roosevelt Rd.  
Chicago, IL 60608-6904  
800-900-8086 tel  
312-355-4058 fax  
ncpad@uic.edu  
ncpad.org



# Summer Camps and Programs for People with Disabilities

## **AHRC New York City**

83 Maiden Lane  
New York, NY 10038  
212-780-2581 tel  
800-662-1220 TTY  
212-777-3771 fax  
campahrc@ahrcnyc.org  
ahrcnyc.org  
AHRC offers the following camping experiences:

## **\*AHRC/Camp Anne**

228 Four Corners Rd.  
Ancramdale, NY 12503  
518-329-5649 tel  
518-329-5689 fax  
michael.rose@ahrcnyc.org  
For children and adults with moderate, severe or profound mental retardation, who may also have other physical or mental needs.

## **\*AHRC/Harriman Lodge**

County Rd. 78  
East Jewitt, NY 12424  
518-589-6000 tel  
For adults with mild to moderate developmental disabilities.

## **\*New York YMCA Camp**

300 Big Pond Rd.  
Huguenot, NY 12746  
877-30-YCAMP tel  
845-858-7823 fax  
camps@ymcanyc.org  
ymcanyc.org  
Camps McAlister (ages 6-11) and Talcott (ages 12-15) are mainstream camps with spaces available for children with developmental disabilities, referred from AHRC.

AHRC also offers Summer Respite/Weekend Respite day programs for ages 6-21. Most programs are geared to those with developmental disabilities. Camps are located throughout NYC; please call AHRC for more information about locations and programs.

## **Camps Mogen Avraham, Heller & Sternberg**

1123 Broadway, ste. 1011  
New York, NY 10010  
212-691-5548 tel  
campoffice@cmahs.org  
Camp Location:  
169 Layman Rd.  
Swan Lake, NY 12783  
845-583-4100 tel  
Includes Camps Chaverim (boys) and Kesher (girls) for children with special

needs; sports and recreation programs are offered.

## **AMAC Camp**

25 W. 17th St.  
New York, NY 10011  
212-645-5005

This camp, located in Alpine, NJ, welcomes children and adults with autism.

## **Camp Horizon/Bronx Organization for the Learning Disabled**

770 Beck St.  
Bronx, NY 10455  
718-589-7379 tel  
boldhelp@boldny.org  
boldny.org  
BOLD offers Camp Horizon, a summer program held at a nearby elementary school.

## **Camp Bari Tov**

1395 Lexington Ave.  
New York, NY 10128  
212-415-5573 tel  
212-415-5637 fax  
92y.org  
Camp Location:  
Henry Kaufmann Campgrounds  
Pearl River, NY  
For children 5-13 with all developmental disabilities.

## **Birch Family Alliance**

275 Seventh Ave.  
New York, NY 10001  
212-741-6522 ext. 205  
hgbirch.org  
This organization operates a summer



camp in Putnam Valley, NY, for children with AIDS/HIV and their families.

**Bronx R.E.A.C.H.**

Owen Dolen Recreation Center  
Bronx, NY 10461  
718-829-0156 tel  
718-822-4201 fax  
Offers a summer day camp for ages 6-30 with mild-moderate disabilities, and a year-round Saturday recreational program.

**Children's Aid Society**

105 E. 22nd St.  
New York, NY 10010  
212-949-4924 tel  
childrensaidsociety.org  
Offers year-round respite camp for children with physical and developmental disabilities; call for info about camp locations.

**Circle of Life Camp**

5 Woodbridge Drive  
Loudonville, NY 12211  
518-459-3622 tel  
518-489-9889 fax  
circlecamp@aol.com  
circleoflifecamp.org  
Camp Location:  
Camp Scully  
North Greenbush, NY  
Sports and other activities for children and adolescents with diabetes.

**Clover Patch Camp**

55 Helpinghand Lane  
Glenville, NY 12302

518-384-3080 tel  
518-384-3001 fax  
cloverpatchcamp.org  
Swimming and other sports programs for people 5-90 with physical and/or developmental disabilities.

**Camp Colonie/Easter Seals New York**

29 W. 36th St.  
New York, NY 10018  
800-870-8728 tel  
Camp Location:  
Colonie Town Park  
71 Schemerhorn Rd.  
Cohoes, NY 12047  
This seven-week summer day camp program provides recreational activities for children 5-21 with all disabilities.

**Cross Island YMCA Day Camp**

238-10 Hillside Ave.  
Bellerose, NY 11426  
718-551-9316 tel  
718-465-1665 fax  
jclark@ymcanyc.org  
ymcanyc.org  
The Let's ALL Play day camp is an inclusive recreational summer program for ages 5-17 and all disabilities.

**Camp Discovery – Trailblazers division**

Rosenthal JCC of Northern  
Westchester  
600 Bear Ridge Rd.  
Pleasantville, NY 10570  
914-741-0333 ext. 612 tel  
914-741-6150 fax  
rosenthaljcc.org

The camp, in Croton-on-Hudson, integrates children and adolescents with mild to moderate disabilities into mainstream groups via the Trailblazers division.

**Camp Dunnabeck at Kildonan**

425 Morse Hill Rd.  
Amenia, NY 12501  
845-373-2012  
info@kildonanadmissions.org  
kildonan.org  
This camp meets the creative and athletic needs of children with learning disabilities, including dyslexia.

**Eden II**

150 Granite Ave.  
Staten Island, NY 10303  
718-816-1422 tel  
718-816-1428 fax  
eden2.org  
Offers a recreational respite day program in summer, and after-school recreational programs, for children with Asperger syndrome, autism and pervasive developmental disorder.

**Camp Excel**

216 Fort Washington Ave., 2nd fl.  
New York, NY 10032  
212-740-7040 tel  
212-740-7098 fax  
excelgds.org  
Camp Location:  
Fresh Air Fund, Camp Mariah  
Fishkill, NY 12524  
Therapeutic and recreational activities for children with ADD/ADHD, and emotional and/or learning disabilities

**Father Drumgoole-  
Connelly CYO Summer Camp**

6541 Hylan Blvd.  
Staten Island, New York 10309  
718-317-2255 tel  
Day program serving children with special needs including deafness, mild to moderate mental retardation and seizure disorders.

**Frost Valley YMCA**

2000 Frost Valley Rd.  
Claryville, NY 12725  
845-985-2291 tel  
845-985-0056 fax  
frostvalley.org  
Offers a summer camp specifically for children with kidney disease; also offers day and sleepaway summer camp programs for children and young adults with a range of special needs.

**Camp Good Days and Special Times**

1332 Pittsford-Mendon Rd.  
Mendon, NY 14506-9733  
800-785-2135 tel  
585-624-5555 tel  
585-624-5799 fax  
Camp Location:  
58 West Lake Rd.  
Branchport, NY 14418  
This camp provides activities for children with cancer or blood disorders.

**Happiness is Camping**

2169 Grand Concourse  
Bronx, NY 10453  
718-295-3100 tel  
718-295-0406 fax

Camp Location:  
62 Sunset Lake Rd.  
Hardwick, NJ 07825  
908-362-6733 tel

This sleepaway camp provides sports and recreation facilities for children 6-15 with cancer.

#### **Camp HASC**

5904 14th Ave.  
Brooklyn, NY 11219  
718-686-5930 tel  
718-686-5935 fax

Camp Location:  
361 Parkville Rd.  
Parkville, NY 12768

This is a seven-week sleepaway camp for children with a range of special needs.

#### **Camp Helen Keller**

1 Helen Keller Way  
Hempstead, NY 11550  
516-485-1234 tel

516-538-6785 fax  
helenkeller.org

Camp Location:  
Farmingdale State College  
Farmingdale, NY 11550

Offers a six-week day camp for blind or visually impaired children ages 4-15.

#### **Camp High Hopes**

103 Fay Rd.  
Syracuse, NY 13219  
315-463-5354 tel  
camphighhopes.org

Camp Location:  
Camp Aldersgate  
Brantingham, NY

The camp offers a one-week summer program for boys 7-17 with blood disorders like hemophilia or Von Willebrand disease.

#### **High Esteem's Camp Goodwill**

P.O. Box 450  
Chittenango, NY 13037

315-655-9735 tel  
315-655-2441 fax

hecg@aol.com

highesteem.homestead.com

The camp offers recreational and therapeutic programs to children and young adults with physical disabilities and/or special needs.

#### **Camp Hope – Children's Bible**

Fellowship  
250 Nimham Rd.

Carmel, NY 10512  
845-225-2005 ext. 207 tel

845-225-2087 fax

cbfny.org

The camp offers programs for children ages 6-18 with developmental disabilities, mental retardation and physical/orthopedic disabilities.

#### **Camp HorseAbility**

238 Round Swamp Rd.  
Melville, NY 11747

631-367-1646 tel  
631-367-1647 fax

The equestrian programs at this day camp are for children with varying disabilities.

#### **Camp Huntington**

56 Bruceville Rd.  
High Falls, NY 12440  
866-514-5281 tel  
845-853-1172 fax

camphuntington.com

This is a residential, co-ed seven-week program for children with developmental disabilities and special learning needs.

#### **Camp Jened**

PO Box 483  
Adams Rd.  
Rock Hill, NY 12775  
845-434-2220 tel

campjened.org

The camp provides camping, hiking and other recreational activities to adults with physical and mental disabilities.

#### **Jimmy Vejar Day Camp**

P.O. Box 555  
Purchase, NY 10577  
914-937-3800 tel  
914-937-0967 fax

cpwestchester.org

The camp, in Rye Brook, NY, provides adaptive sports activities for children and young adults from 5-21 with a wide range of disabilities.

#### **Camp Kalikow–Learning for Life program**

Empire State Building  
350 Fifth Ave.  
New York, NY 10118  
212-651-2911 tel

Camp Location:

Cub World/Alpine Scout Camp  
Route 9W  
Alpine, NJ 07620

This camp provides recreational activities for Cub Scouts and Boy Scouts with disabilities.

#### **Camp Kehilla/Kehilla Kayf at Roundlake**

Sid Jacobson Jewish Community  
Center

300 Forest Drive  
East Hills, NY 11548  
516-484-1545 ext. 175 tel  
516-484-7354 fax

Sjjcc.org

Camps Kehilla (day camp in Wheatley Heights, NY) and Kehilla Kayf at Roundlake (sleepaway camp in Pennsylvania) serve children with a range of learning disorders and developmental disabilities.

#### **Kamp Kiwanis**

9020 Kiwanis Rd.  
Taberg, NY 13471  
315-336-4568 tel

315-336-3845 fax

kamp-kiwanis.org  
kamp@kiwanis-ny.org

The camp offers a mainstreaming experience for children 8–14 with all disabilities; there is also an adult program during the summer.

#### **Camp Mark Seven**

144 Mohawk Hotel Rd.  
Old Forge, NY 13420

315-357-6089 tel/TTY

The camp is geared toward children with hearing disabilities or deafness.

#### **MDA Summer Camp**

5 Dakota Dr., ste 108  
Lake Success, NY 11042  
800-FIGHT-MD tel  
mda.org

MDA operates about 90 camps across the US for kids 6-17 with neuromuscular diseases including muscular dystrophy

#### **Mid-Hudson Valley Camp**

esopuscamps.com

Weekly camp sessions are geared to children with varying needs, and include a week for deaf children.

#### **Camp Mini Tova**

1395 Lexington Ave.  
New York, NY 10128  
212-415-5626 tel  
212-415-5637 fax  
92y.org

Day camp for children 4-5 with all developmental disabilities.

#### **NYU Summer Program for Kids (SPK)**

#### **NYU Child Study Center**

577 First Ave.  
New York, NY 10016  
212-263-6622 tel  
212-263-0760 tel  
aboutourkids.org  
Camp Location:  
SUNY Maritime College

Bronx, NY

This 8-week therapeutic and recreational summer program is for children with ADHD and other learning disabilities.

#### **Camp Oakhurst**

1140 Broadway, ste. 903  
New York, NY 10001  
212-533-4020 tel  
212-533-4023 fax  
campoakhurst.com  
Camp Location:  
111 Monmouth Rd.  
Oakhurst, NJ 07755  
732-531-0215 tel

Offers summer camp, including a fully accessible gymnasium and swimming pool, for children and adults with physical disabilities.

#### **Camp Open Arms**

255 Alexander St.  
Rochester, NY 14607  
585-423-9700 tel  
gildasclubrochester.org

The camp offers a two-week summer program for children with cancer and blood diseases.

#### **Our Victory Day Camp**

46 Vineyard Lane  
Stamford, CT 06902  
800-919-3394  
ourvictory.com

This camp, in Dobbs Ferry, NY, offers a 7-week day camp for children 5-12 with learning disabilities.

#### **Camp Promise/Camp Triumph YAI Network**

460 W. 34th St.  
New York, NY 10001  
866-YAI-LINK tel  
212-273-6100 tel  
nsilverman@yai.org  
yai.org  
Camp Location:  
Hillcrest School  
New City, NY  
Camps Promise (ages 5-12) and Triumph (ages 13-17) are day camps for children with learning disabilities.

#### **School Vacation Camp**

White Plains YWCA  
515 North St.  
White Plains, NY 10605  
914-949-6227 ext. 108 tel  
914-949-8903 fax  
ywcawhiteplains.com  
The YWCA offers weeklong day camps during school breaks for children with a range of disabilities.

#### **Camp Simcha/Camp Simcha Special**

151 W. 30th St.  
New York, NY 10001  
877-CHAI-LIFE tel  
212-465-1300 tel  
212-465-0949 fax  
info@chailifeline.org  
chailifeline.org  
Camps Simcha (for children 5-20 with cancer or blood diseases) and Simcha Special (for children 8-18 with debilitating chronic conditions) offer a 2-week sleepaway camp in Glen Spey, NY.

#### **South East Consortium for Special Services**

740 W. Boston Post Rd., ste. 301  
Mamaroneck NY 10543  
914-698-5232 tel  
914-698-7125 fax  
Secrec.org  
Offers summer day camp and year-round athletic activities for children and adults.

#### **Sprout**

893 Amsterdam Ave.  
New York, NY 10025  
888-222-9575 tel  
212-222-9575 tel  
212-222-9768 fax  
scott@gosprouit.org  
gosprouit.org  
Sprout offers weekend and longer active trips for ambulatory adults (over 21) with mild to moderate mental retardation.

#### **Sprucelands Equestrian Center and Summer Camp**

1316 Pit Rd.  
P.O. Box 54  
Java Center, NY 14082  
585-457-4150 tel  
sprucelands.com  
Sprucelands accommodates children with ADD/ADHD and other mild learning disabilities at its equestrian camps.

#### **St. Mary's Healthcare System for Children**

29-01 216th St., Rm. 307  
Bayside, NY 11360

718-281-8800 tel  
718-281-8750 fax  
stmaryskids.org  
St. Mary's offers an active camp program for children 5-18 with a range of disabilities.

**Steinway Child and Family Services**  
22-15 43rd Ave.  
Long Island City, NY 11101  
718-389-5100 tel  
718-784-2920 fax  
steinway.org  
The Family Support Program offers respite care, including summer camp, for families of children 6-14 with serious emotional disabilities.

**Summit Camp**  
322 Rt. 46W., ste. 210  
Parsippany, NJ 07054  
800-323-9908 tel  
973-732-3226 fax  
info@summitcamp.com  
summitcamp.com  
Camp Location:  
168 Duck Harbor Road  
Honesdale, PA 18431  
This camp offers sleepaway summer camp for children 7-17 with mild to moderate verbal and nonverbal learning disabilities.

**Camp Sunrise**  
P.O. Box 349  
Warwick, NY 10990  
845-986-1164 tel  
campwarwick@campwarwick.com  
campwarwick.com  
This camp offers weeklong recreational sleepaway camp for 8- to 55-year-olds

with a range of physical disabilities.

**Sunshine Camp**  
100 Meridian Centre, ste. 304  
Rochester NY 14618-3974  
585-546-7435 tel  
rochesterrotary.org  
Camp Location:  
809 Five Points Rd.  
Rush, NY 14543  
Offers one-week summer camps for 7- 21-year-olds with a range of physical disabilities.

**Camp Tova**  
1395 Lexington Ave.  
New York, NY 10128  
212-415-5626 tel  
212-415-5637 fax  
92y.org  
For children 6-13 with all developmental disabilities.

**UCP/NYC**  
ACTION Summer Day Camp  
175 Lawrence Ave.  
Brooklyn, NY 11230  
718-436-7600 tel  
718-972-9258 fax  
For: Brooklyn residents age 13-21 with developmental disabilities; mental retardation, neurological disabilities and physical/orthopedic disabilities  
UCP/NYC also offers sports and recreation programs for ages 13-29.

# Agencies Serving People with Disabilities

**NYS Commission on Quality of  
Care and Advocacy for Persons  
with Disabilities (CQCAPD)**  
401 Stare St.  
Schenectady, NY 12305  
800-624-4143 tel/TTY  
cqcapd.state.ny.us

**Mayor's Office for People  
with Disabilities**  
100 Gold St., 2nd fl  
New York, NY 10038  
212-788-2830 tel  
212-788-2838 TTY  
212-342-9843 fax  
nyc.gov/html/mopd/home.html

**Offices for the Aged**  
**NYC Department for the Aging (DFTA)**  
2 Lafayette St.  
New York, NY 10007

311 tel  
212-NEW-YORK tel  
nyc.gov/aging

**NYS Office for the Aging (NYSOFA)**  
2 Empire State Plaza  
Albany, NY 12223-1251  
800-342-9871 tel/TTY  
518-474-0608 fax  
nysofa@ofa.state.ny.us  
aging.ny.gov

**Other Government Agencies**  
**Mental Health**  
**NYC Department of Health  
and Mental Hygiene**  
93 Worth St.  
New York, NY 10013  
311 tel  
212-NEW-YORK tel  
nyc.gov/health



**NYS Office of Mental Retardation  
and Developmental Disabilities  
(OMRDD)**

44 Holland Ave.  
Albany, NY 12229-0001  
866-946-9733 tel  
866-933-4889 TTY  
omr.state.ny.us

**Parking**

**NYC Department of Transportation  
Parking Permits for People with  
Disabilities (PPPD)**

28-11 Queens Plaza North, 8th fl.  
Long Island City, NY 11101-4008  
718-433-3100 tel  
212-504-4115 TTY  
nyc.gov/html/dot/html/permits/  
permits.shtml

**Transportation**

**Metropolitan Transportation  
Authority**

347 Madison Ave.  
New York, NY 10017-3739  
718-330-3000 tel  
mta.nyc.ny.us/nyc

**NYC Transit: Access-A-Ride  
(paratransit services)**

Office of ADA Compliance  
2 Broadway  
New York, NY 10004  
877-337-2017 tel  
mta.nyc.ny.us/nyc/paratran/guide.  
htm

**NYC Transit: Reduced Fare  
MetroCard (for people with  
disabilities)**

P.O. Box 24952  
Brooklyn, NY 11202-9853 (by mail)  
3 Stone St.  
New York, NY 10004 (walk-in center)  
718-243-4999 tel  
212-541-6228 TTY

**Taxi & Limousine Commission**

40 Rector St.  
New York, NY 100061705  
311 tel (accessible car dispatch)  
212-692-8294 tel  
nyc.gov/taxi

**NYC Transit Authority**

370 Jay St.  
Brooklyn, NY 11201  
718-330-1234 tel  
718-596-8273 fax  
mta.info/nyc/

**NYC Department of Transportation**

40 Worth St.  
New York, NY 10013  
212-NEW-YORK tel  
nyc.gov/html/dot/html/home/home.  
shtml

**NYS Department of Transportation**

50 Wolf Rd.  
Albany, NY 12232  
518-457-6195 tel  
nysdot.gov/travel