Adapted Sports & Recreation 2014

Recreation is part of a full life!
Adapted sports and recreation activities allow people with a variety of abilities to play, engage in an active lifestyle, and explore many different opportunities. Participation in sports and recreation enhances the quality of life, improves self-esteem, and promotes health and fitness.

The FCPS Parent Resource Center
www.fcps.edu/cco/prc | 703-204-3941
Aquatics
Baseball
Basketball
Biking
Gymnastics
Hockey
Ice Skating
Martial Arts
Soccer
Special Olympics
Therapeutic Recreation
Therapeutic Riding
Travel Resources
Aquatics

**Arlington County Parks and Recreation Adapted Aquatics**
Individualized swimming and water activity program to develop basic swim skills in a structured setting with one-on-one support through volunteers. Locations throughout Arlington County.

**Fairfax County Parks & Recreation Adapted Aquatics**
Individualized swimming and water activity program to develop basic swim skills in a structured setting with one-on-one support. Locations throughout Fairfax County.
http://www.fairfaxcounty.gov/parks/rec/classes/aquatics/

**Lead Changes Therapy**
Direct care and consulting services for all ages. Lead Changes Therapy specializes in Aquatic Therapy and Community Inclusion in the Northern Virginia area. This is a one-on-one treatment based program. Ashburn, Virginia
703-943-0566
Email: info@leadchangestherapy.com;
http://www.leadchangestherapy.com

**Special Olympics Adapted Aquatics**
The aquatic program is a spring/summer event. Athletes are grouped in competition divisions according to ability level. Northern Virginia area.
http://www.novasova.org/aquatics.html
Email: swim@novasova.org
Baseball

Challenger Baseball
Little League Baseball for children with special needs ages 4-21. Chapters in Arlington, Chantilly, Fairfax, Reston, Springfield, & Vienna.
http://www.springfieldchallenger.org
Email: eddie@eddiesclub.org

Eddie’s Club Young Adult Baseball
A program to provide young adults, ages 19 to 35, an opportunity to continue playing baseball in a fun and safe environment. Springfield, Virginia.
http://www.eddiesclub.org/
Email: eddie@eddiesclub.org

Pioneer Baseball
http://www.pbsl.org
Email: info@pbsl.org

Vienna Little League Challenger Program
Adaptive Little League Baseball for boys and girls that have any special needs that preclude them from participating in the mainstream Little League. Participation is free. League provides uniform shirt and hat.
http://www.vll.org/Page.asp?n=5586
sejhokie@gmail.com
703-587-0258

The FCPS Parent Resource Center
The Adapted Sports & Recreation opportunities listed here are provided for informational purposes only. They do not reflect recommendations or endorsements by The FCPS Parent Resource Center or Fairfax County Public Schools. Contact the organizations directly for fees and availability.
**Basketball**

**Lee District Basketball**
Lee District Basketball (LDBA) is a volunteer based organization and does not have specialized training to meet certain special needs that children may require. LDBA is open to everyone. Special needs information needs to be communicated to LDBA staff so that a review and discussion can take place in a proactive manner.


**Special Olympics Basketball**
All skill levels from first time basketball players to experienced players. Northern Virginia.

[http://www.novasova.org/basketball.html](http://www.novasova.org/basketball.html)

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**Biking**

**I Can Shine (formerly Lose the Training Wheels)**
Everyone shines! An opportunity for all children with disabilities to develop the skills and confidence they need to ride a two-wheel bike for the first time. Specially adapted bikes allow children to progressively build the coordination needed to ride independently.

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

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Gymnastics

**Arlington County Parks and Recreation Adapted Gymnastics**
Arlington provides adapted gymnastics classes for ages 3-12 on Sunday mornings. Located at Barcroft Sports and Fitness Center.

**Fairfax County Parks & Recreation Adapted Gymnastics**
Fairfax County adapted gymnastics for ages 2-14.
Locations throughout Fairfax County.
http://www.fairfaxcounty.gov/parks/ada-inclusion/ada-gym.htm

**GMS Institute**
Gymnastics and Sensory Motor Integration classes for children ages 3-18.
Manassas, Virginia
703-369-7800
http://www.gmskids.com
Email: manafi4@aol.com

**Northern Virginia Gymnastics Academy**
Classes designed for boys and girls of all ages and ability levels.
Ashburn, Virginia
703-430-5434
http://www.nvgagymnastics.org/
Email: nvgatumblers@gmail.com

**Special Olympics Gymnastics**
Held at the Capital Gymnastics National Training Center
Burke, Virginia
http://www.novasova.org/gymnastics.html

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Hockey

American Special Hockey Association
Special Hockey gives people with physical and development disabilities the chance to play the sport of ice hockey. Northern Virginia.
http://www.americanspecialhockey.org
Email: dlucia@specialhockey.org

NOVA Cool Cats Special Ice Hockey
Special Hockey Northern Virginia exists for the enrichment of athletes with a developmental disability. Males and females of all ages are welcome. Sterling, Virginia.
703-395-6278
http://www.novacoolcats.org
Email: madref@verizon.net

Special Olympics Floor Hockey
Floor hockey is a family of indoor hockey games, usually in the style of ice hockey, that are played on flat floor surfaces, such as a basketball court. Prince William County
http://www.specialolympicsva.org/View/Page/Coaches_Floor_Hockey
Email: info@specialolympics.org

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**Fairfax County Park Authority**
Adapted ice skating classes for ages 6 – 12 and 13 – adult. This class offers staff supervision and support to help students with disabilities develop basic ice skating skills.
[Link](http://parktakes.fairfaxcounty.gov/rev1_browseresult.asp?category=ADAP+++&desckeyword=AD03&age=9999&match=matchall)
703-324-8727

**Kettler Iceplex Learn to Skate**
Adapted skating lessons geared toward skaters with special needs. Volunteers assist the skaters as they explore the ice and work on balance and coordination. *Beginners and skaters with some experience are welcome.*
Ages 4-17
Located in Arlington, Virginia
Email: LTS@KettlerCapitalsIceplex.com
[Website](http://www.kettlercapitalsiceplex.com)
Martial Arts

Four Directions
Using Karate, Fitness, Developmental and Life Skills
Ages 3 & up
Burke, Virginia
703-425-5425
www.dkskick.com

Jhoon Rhee Institute
The Adaptive Tae Kwon Do Program is structured for children who have Autism Spectrum Disorders or other Developmental or Intellectual Disabilities.
Arlington, Virginia
703-532-7433
http://arlingtonkicks.com/adaptive-martial-arts
Email: office@arlingtonkicks.com

Lead by Example Tae Kwon Do
Creating confidence and self-esteem for children ages 3 & up.
Fairfax, Virginia
703-273-1100
http://www.leadbyexampletaekwondo.com
Email: LBETKD@yahoo.com

Mountain Kim Martial Arts
Traditional Korean martial arts concentrating on physical and mental training.
Ages 3 to adult
703-255-0202 (Vienna); 703-255-9554 (Oakton)
http://www.mtkim.com
Email: mtkimvienna@gmail.com

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Soccer

**POWER Soccer**
Soccer for Northern Virginia residents who use power wheelchairs.
Springfield, Virginia
Email: novapsoccer@aol.com

**Special Olympics Soccer**
All ages! All skills! Everyone is invited! Bring friends and schoolmates.
Reston, Virginia.
[http://www.novasova.org/soccer.html](http://www.novasova.org/soccer.html)

**Virginia Youth Soccer Association- TOPSoccer**
TOPSoccer is designed to enrich the lives of children with mental and/or physical disabilities through the game of soccer. Clubs in Alexandria, Burke, Chantilly, Fairfax, Mclean, Reston & Vienna.
Email: vysa@vysa.com or TopSoccer@vysa.com
Arlington Special Olympics Track and Field
Specialized services for individuals with disabilities of all ages, providing inclusion support for individuals with disabilities to ensure reasonable accommodations are made in all programs.
Phone 703-228-4731
Email: Trinfo@arlingtonva.us

Northern Virginia Special Olympics
Northern Virginia Special Olympics offers 30 Olympic-type individual and team sports for individuals with intellectual disabilities, including age-appropriate activities for lower ability athletes.
Phone 703-359-4301
http://www.novasova.org
Therapeutic Recreation

**Arlington County Therapeutic Recreation Office**
Specialized programs for individuals with disabilities, including classes, camps, and social clubs. They also provide support for individuals with disabilities in any general recreation program or class. You do not have to be an Arlington resident to participate.


**ArtStream**
ArtStream offers artistic opportunities for adults (18+) with intellectual disabilities, learning disabilities and adults who are on the autism spectrum.
Email: info@art-stream.org
http://www.art-stream.org

**C.A.S.T for Kids**
The C.A.S.T. program provides one day fishing and boating events designed to accommodate children with a wide range of special needs.
Ages 5 to 14
Email: castforkidsva@aol.com
http://www.castforkids.org

**Children’s Adaptive Team Sports (CATS)**
CATS is a sports league for children with developmental disabilities, who are not able to participate in typical team sports programs. CATS is an opportunity to participate in all of the same activities, experiences, and friendships created through sports.
Email: solarism78@gmail.com
http://www.cats-sports.com/default.html
Eddie’s Club Recreational Programs
For children ages 4 - 21 with disabilities to participate in a supervised, activity and recreational program. Serving Virginia, Maryland and D.C.
Email: Johnny Burns: jburnsiv@yahoo.com (703-798-5646)
Eddie Garretson: eddie@eddiesclub.org (703-304-2330)
http://www.eddiesclub.org

Fairfax County Parks & Recreation Leisure Coaches
The goal of Leisure Coaches is to provide individuals with disabilities the opportunity to work towards independent leisure participation. This is decided on an individual basis and can be available for classes and camps offered in the county. Not available for the Rec Pac summer program.
Locations throughout Fairfax County.
http://www.fairfaxcounty.gov/parks/ada-inclusion/
Email: gary.logue@fairfaxcounty.gov

Fairfax County Project Success
Project SUCCESS is an inclusive service learning program that engages youth with and without disabilities in community service. Designed for middle and high school students, the curriculum provides tools for researching, planning, and executing service projects.
Locations throughout Fairfax County.
http://www.fairfaxcounty.gov/ncs/projectsuccess.htm

Fairfax County Therapeutic Recreation
Opportunities for children and adults with disabilities to acquire the skills that will enable them to participate in the recreation and leisure programs of their choice. Locations throughout Fairfax County.
http://www.fairfaxcounty.gov/ncs/trs

Fairfax Falcons Paralympic Sports
Wide variety of sports experiences, teamwork, social skills, and fitness. For individuals with spina bifida, spinal cord injury, cerebral palsy, or injury affecting the lower extremities of the body between the ages of 6 and 22 who have not completed high school yet.
http://info.fairfaxfalcons.org/
http://fairfaxfalcons.blogspot.com/
Life Changing Fitness
A children’s fitness center focusing on therapeutic exercise, weight management, physical education, social skills, adapted physical education to children of all ages and all developmental levels.
Falls Church, Virginia
Ages 2-19
703-909-7971
www.lifechangingfitness.org
Email: LifeChangingFitness@yahoo.com

Jewish Community Center of Northern Virginia (open to all faiths)
The Center’s Special Needs program is committed to helping the community through activities designed to develop physical and social skills for individuals or all ages with special needs. The program features small participant-staff ratios and offerings such as adapted aquatics, social groups, family events and recreational social skills classes.
Call Jessica Tischler: 703-537-3031 or Email: JessicaT@jccnv.org
http://www.jccnv.org/specialneeds/special-needs

Kate’s Social Skills Groups
Social skills groups for Pre-K through 12th grade, to offer social and emotional learning strategies that encourage reflection and self-awareness.
202-550-7785
Email: kate.mcclain@gmail.com
http://www.katemcclain.org

Northern VA Speech and Language
Offering play, multi-sensory techniques, and hands-on activities to enhance children’s learning.
Ages 4-12
Manassas, Virginia
703-565-8000
http://northernvirginiaspeech.com
Email: kidscommunicating@gmail.com
Therapeutic Riding

Lift Me Up! Therapeutic Riding Program
Dedicated to helping children and adults with physical, mental and/or emotional disabilities improve both their physical and mental well-being.
Great Falls, Virginia.
703-759-6221
http://www.liftmeup.org
Email: info@liftmeup.org

Northern Virginia Therapeutic Riding Program
Enriching the lives of children and adults with disabilities through the physically-active sport of horseback riding. All abilities welcome!
Clifton, Virginia.
703-764-0269
http://www.nvtrp.org
Email: info@nvtrp.org

Rainbow Center Therapeutic Riding Center
Provides therapeutic equestrian activities to individuals with physical and mental challenges. Year-round lessons and summer day camps.
Haymarket, Virginia.
703-754-6159
http://www.rainbowriding.org/
Email: rainbow@rainbowriding.org

Sprout Therapeutic Riding and Education Center
Riders of all ages, backgrounds and ability levels participate in equine experiences tailored to meet specific educational, behavioral, social, and physical goals of children with disabilities.
Aldie, VA
www.sproutcenter.org
Email Brooke.Waldron@sproutcenter.org

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**Autism on the Seas**  
Vacations for adults and families living with autism, down syndrome and other disabilities. Cruises or land resort options with staff to provide respite and other services to accommodate special needs.  
800-516-5247  
[http://www.autismontheseas.com](http://www.autismontheseas.com)

**Disability Travel and Accessibility**  
[http://www.disabilitytravel.com/accessible-travel-resources.htm](http://www.disabilitytravel.com/accessible-travel-resources.htm)

**Disability Travel and Recreation Resources**  
[http://www.makoa.org/travel.htm](http://www.makoa.org/travel.htm)

**Moss Rehab Resource New for the Disabled Traveler**  
[http://www.mossresourcenet.org/travel.htm](http://www.mossresourcenet.org/travel.htm)

**Resources for Wheelchairs**  

**Virginia Travel Guide for Persons with Disabilities**  
[http://www.accessiblevirginia.org](http://www.accessiblevirginia.org)