Local Resources

Athletes for Autism–Boston University
Athletes for Autism is open to kids with any disability, and offers individualized attention and sport instruction from young athletes in local facilities. Kids are matched with trained athlete mentors based on their sport interest and ability, and can choose if they want to work with one or more athlete individually, or learn in a group. Fees apply and scholarships are available. For more information visit athletes-4-autism.org or email athletes@theautismresearchfoundation.org

TopSoccer Program
TOPSoccer – The Outreach Program for Soccer – is a community-based training and team placement program for young athletes with disabilities. It is organized by state youth soccer association volunteers. The TOPSoccer program is designed to bring the opportunity of learning and playing soccer to any boy or girl with a mental or physical disability.

Contact John Burril at 800-852-8111 x 237 specialprograms@mayouthsoccer.org
http://www.mayouthsoccer.org/topsoccer/

Online Resources

www.spedchildmass.com
Comprehensive list of special needs recreation events and programs in Massachusetts

www.AbilityPath.org
AbilityPath.org is an online hub and special needs community for parents and professionals to learn, connect and live a more balanced life - through all phases of a child’s growth and development. The website combines social networking features with expert content from AbilityPath.org’s team of educators, parents, therapists and medical professionals.

www.autismconsortium.org
Recreational resources available through the Autism Consortium’s Autism Database

www.autismspeaks.org
Autism Speaks’ database provides an updated list of adaptive recreation resources.

Adaptive Recreation Programs

Boston Area Resources

Optimal Weight for Life (OWL) Program

Boston Children’s Hospital
Until every child is well

new balance Foundation
Obesity Prevention Center
Boston Children’s Hospital
South Shore YMCA - Quincy

Hope Fish is the South Shore YMCA’s adaptive aquatics program. New to the Quincy branch, this parent-and-child program is designed for children who need special considerations. Instructors will guide adult caregivers and their children in adjusting to the water and learn-to-swim techniques. This program will focus on water acclimation and basic aquatic skills while providing a safe environment for improved social interactions and sensory exploration.

For more information contact the Quincy branch at 617-479-8500 and ask for Brooke Hendrick, Aquatics Director

Boys and Girls Clubs of Boston-South Boston Club

The South Boston Boys & Girls Club has partnered for a second year with the National Inclusion Project to implement Let’s ALL Play: Inclusion in Recreational Programs. The partnership allows children with disabilities to enjoy successful afterschool experiences in an inclusive setting. All children come together to participate in typical recreational activities such as swimming, arts and crafts, community service, physical fitness and more.

For more information, please contact the South Boston Club at 617-268-4301 and ask about inclusion programming.

The Arc of Massachusetts

The 18 local Chapters of The Arc in Massachusetts work throughout the Commonwealth to provide services and supports to individuals with intellectual and developmental disabilities – such as Mental Retardation, Down Syndrome, Autism, and cerebral palsy – and their families on a case-by-case basis.

The Arc of the South Shore
371 River Street
North Weymouth, MA 02191
Phone: 781-335-3023

The Arc of Greater Plymouth
10 Cordage Park Circle, Ste. 208
Plymouth, MA 02360
Phone: 508-732-9292

Brockton Area Arc
1250 W Chestnut Street
Brockton, MA 02301
Contact: Recreation Coordinator
Phone: 508-583-8030 x209

Recreation Departments

Contact your local city or town recreation department to inquire about adaptive recreation programs.

Little League Challenger Division

The Challenger Division was established in 1989 as a separate division of Little League to enable boys and girls with physical and mental challenges, ages 4-18, or up to age 22 if still enrolled in high school, to enjoy the game of baseball along with the millions of other children who participate in this sport worldwide. Today, more than 30,000 children participate in more than 900 Challenger Divisions worldwide.

For more information on the Little League Challenger Division, contact Sam Ranck, at: 570-326-1921, ext. 2254; or email challenger@LittleLeague.org

Jewish Community Centers (JCC) South Area Special Needs Programs

Adapted aquatics programs at Striar YMCA in Stoughton and social/recreational programs for children and adults at various South area locations. Contact specialneeds@jccqb.org or 617-558-6507