**Local Resources**

**Top Soccer Program**

A community-based training and team placement program for young athletes with a mental or physical disability. Contact John Burril at 1-800-852-8111 x 237, specialprograms@mayouthsoccer.org http://www.mayouthsoccer.org/topsoccer/communities.aspx

**Recreational Education Center**

83 Pine Street, Suite 102 Peabody, MA 01960 (978) 717-5062

The REC’s all-encompassing resources assist those with special needs such as and not limited to; Autism, Asperger Syndrome, Pervasive Developmental Disorder, ADHD and more. We specialize in ages 3 – 22 years old.

The REC opens its doors for Open REC 6 days a week. No enrollment is required, just come on by.

**Recreation Departments**

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

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**Online Resources**

[www.spedchildmass.com](http://www.spedchildmass.com)

Comprehensive list of special needs recreation events and programs in Massachusetts

[www.AbilityPath.org](http://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](http://www.autismconsortium.org)

Recreational resources available through the Autism Consortium’s Autism Database

[www.autismspeaks.org](http://www.autismspeaks.org)

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

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**Adaptive Recreation Programs**

**North Shore Resources**

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**Optimal Weight for Life (OWL) Program**

[New Balance Foundation](http://www.newbalancefoundation.org)

Obesity Prevention Center Boston Children’s Hospital
YMCA of the North Shore

The Y's Adaptive programs are designed to give children and adults with disabilities opportunities to participate in a variety of recreational and therapeutic activities, while focusing on developing both physical and social skills that will last a lifetime.

Adaptive programs are offered at Cape Ann, Greater Beverly, Haverhill, and Lynch/van Otterloo locations.

Visit northshoreymca.org for details.

Special Olympics Massachusetts

Special Olympics Massachusetts offers year-round programming to individuals with intellectual disabilities, for all ages, in 24 different sports across the state.

For a full listing of sports offered and an athlete application, please visit www.specialolympicsma.org.

Adaptive Swimming @ JCC Marblehead

The JCC offers Adaptive Swimming programs for children ages 3 years to young adults with special needs. For more information, contact Aquatics Director Ashley Vieira at 781-476-9912 or avieira@jccns.com.

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.

Northeast Arc
Contact: Adam Quinn
978-624-2308
64 Holten Street
Danvers, MA 01923
Phone: 978-762-4878

East Middlesex Arc (EMArc)
Contact: Joe Desjardins
26 Princess Street
Wakefield, MA 01880
Phone: 781-942-4888

The Arc of Greater
Contact: Jennifer Couturier
Haverhill/Newburyport
57 Wingate Street, Ste 301
Haverhill, MA 01832
Phone: 978-373-0552

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.

East Coast Karate & Aerobic Fitness Center

East Coast Karate Academy created Specialized Karate in 2009 and has serviced over 100 children diagnosed with autism and other challenges.

Contact: James Lou Hopkins - Owner
312 B Union St. Lynn, MA 01901
Phone: 781-586-8779