Local Resources

Recreation Departments

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

YMCA of Central Mass. – Special Needs Swim Instruction

416 Boston Post Rd. East Suite 8 Marlborough, MA 01752 Contact: Katie DuPont 774-463-0213 kdupont@ymcaofcm.org

Top Soccer Program

A community-based training and team placement program for young athletes with a mental or physical disability. Contact John Burril, 800-852-8111 x 237, specialprograms@mayouthsoccer.org

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

Waltham Area Resources

Optimal Weight for Life (OWL) Program

New Balance Foundation Obesity Prevention Center Boston Children’s Hospital
Jewish Community Centers of Greater Boston - Newton

The JCC is a community partner in enhancing the social, emotional and physical developmental needs of, and facilitating a sense of empowerment and independence in, children, teens and adults with physical, developmental, neurological, learning and mental health challenges.

For more information about JCC special needs programs and services, contact the JCC Inclusion and Support Services team at 617-558-6507.

Integration at Hockomock Area YMCA

Our Integration Initiative seeks to provide individuals with special needs an opportunity to participate with typically developing peers in Y programs and activities.

For more information contact the area branches:

Franklin (Amy Turner) - 774.235.2722
Foxboro (Karen Friedman) - 508.772.1327
North Attleboro - (Barbara Manuepilai) - 508.643.5266

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.

Greater Waltham Arc, Inc.
Contact: Mike Mullins
56 Chestnut Street
Waltham, MA 02453
Phone: 781-899-1344 x4120

The Arc South Norfolk
Contact: Nancy Lynch
789 Clapboardtree St.
Westwood, MA 02090
Phone: 781-762-4001
Nlynch@arcsouthnorfolk.org

Charles River Center
Contact: Kelly Atkins
59 Militia Heights
Needham, MA 02492
Phone: 781-972-1060
katkins@charlesrivercenter.org

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.

Contact Sam Ranck at 570-326-1921, ext.2254; or email challenger@LittleLeague.org

ACEing Autism – Wayland

Our mission is to make the sport of tennis available to children with autism spectrum disorders as a means to enhance health, fitness, hand-eye coordination, motor development and to improve their social skills.

For more information, visit aceingautism.com or contact Ashleigh McLean at (508)292-6395