

**ADAPTIVE PHYSICAL ACTIVITY OPPORTUNITIES IN WESTERN NEW ENGLAND**

***See Adaptive Sports of New England for State by State listing:***

[***http://adaptivesportsne.org/ne-programs/***](http://adaptivesportsne.org/ne-programs/)

***Also National Center for Physical Activity Health and Disability has State by State listings for Programs, Organizations, Equipment, and Personal Trainers:***

[***https://www.nchpad.org/Directories***](https://www.nchpad.org/Directories)

***We list other resources we know about below that may not be listed on the above web sites:***

**1. *Center for Human Development (CHD)***

Adaptive Sport Program serves both CT and MA

32 Birnie Ave, Springfield, MA, 01107

For information about adaptive programs,

please call Jessica Levine at 413-788-9695 or e-mail [Jlevine@chd.org](mailto:Jlevine@chd.org)

<http://chd.org/adult-services/community-based-programs/disability-resources/>

***Activities Include:***

1. **Sled Hockey/Junior Sled Hockey Team**-Winter

Mass Mutual Center, 1277 Main St, Springfield, MA

2. **Wheelchair Basketball Program**-Fall

PACE Gym, 69 Capital Drive, West Springfield, MA

3. **Dance and Movement Program**-starts Fall and ends Spring

85 Interstate Drive, West Springfield, MA

4. **Swim With Us**-late Winter to early Spring

Linkletter Natatorium at Springfield College, 263 Alden St, Springfield

5. **Rock Climbing** (for all abilities)-on selected dates

Hadley Rock Gym, 165 Russell St., Hadley, MA

6. **Martial Arts Program**-Fall

22 Center Street, Chicopee

**2. Jewish Community Center (JCC) of Springfield**

Neal Webber Building, 1160 Dickinson Street, Springfield, MA 01108

**Kehillah for Individuals with Special Needs**

On Longmeadow/Springfield Line

Serving both MA and CT residents

For more information, please contact Bethany Young, Director of Kehillah, 413-739-4715 x325

<http://www.springfieldjcc.org/fitness/specialneeds/>

***Activities Include***

1. Adaptive Aquatics

2. Ladies’ Fitness

3. Men’s Fitness

4. Basketball

5. Zumba

6. Camp and more!!

**3. Department of Conservation and Recreation**

**Special Needs & Accessible Living**

251 Causeway St., Suite 900, Boston, MA 02114

With Programs in Western MA

<https://www.mass.gov/topics/special-needs-accessible-living>

For programs and events - <https://www.mass.gov/adaptive-recreational-programs-and-events>

**Activities**

1. Adaptive Skating

575 Maple Street, Holyoke, MA, 01040

<https://www.mass.gov/accessible-ice-skating>

For more information, please call 413-545-5785 or email [marcy.marchello@state.ma.us](mailto:marcy.marchello@state.ma.us)

2. Boating

3. Cycling

4. Birding

5. Fishing

6. Various Winter Activities

**4**. **MIGHTY PROGRAM: PEDIATRIC WEIGHT MANAGEMENT PROGRAM**

MIGHTY stands for Moving, Improving, and Gaining Health Together at the YMCA in Springfield, MA. It’s an intensive six-month group program that emphasizes physical activity, nutrition, and change of habits for the entire family. It includes: Fitness evaluation, Individual fitness prescriptions, Group exercise sessions, Individual and group nutritional counseling, Strategies for maintaining lifelong health

**For evaluation information or to enroll contact:**

**Springfield MIGHTY Program**Kara Swain, Program Coordinator  
Baystate Children's Hospital MIGHTY Program  
413-794-7467  
413-739-6951, ext: 2257

**Westfield MIGHTY Program**  
Cindy Agan, Fitness Director  
YMCA of Greater Westfield  
67 Court Street  
Westfield MA 01185  
413-568-8631

5. **The Miracle League of Western MA**

PO Box 6684

Holyoke MA 01041-6684

Tammy Fitzell 413 5757-9618

<http://www.miracleleagueofma.com/>

Baseball

**6. The Miracle League of CT**

47 Upson Street

Bristol, CT 06010

860-769-7055

<http://www.miracleleaguect.org/>

Baseball

**7. UNITY DANCE SPECTRUM**

405 Broadway Street

Chicopee, MA 01020

413-594-5799

Contact:Liz Montemagni, owner, director, choreographer, DPT

Cell 413-348-5486

Offer a variety of dance classes for children of all abilities.

<http://www.unitydancespectrum.com/home.html>

**8. Chapter 126:**

**Sport and Fitness Facility**

47 Upson Street

Bristol, CT 06010

860-769-7047

Contact: Kelly Boscarino or Paul Weiland

[Chapter126@oakhillct.org](mailto:Chapter126@oakhillct.org)

<https://oakhillct.org/Chapter-126>

***Activities:***

1. Sports Teams
2. Recreational Events
3. Gym memberships
4. Team building activities
5. Adapted Field Trips
6. Fitness Programs and classes

Facilities include wheelchair basketball court, adapted fitness equipment including zero gravity treadmill, work out rooms, and adapted locker rooms

**9. TOPSoccer**

US Youth Soccer TOPSoccer (The Outreach Program for Soccer) is a community-based training and team placement program for young athletes with disabilities, organized by youth soccer association volunteers. The program is designed to bring the opportunity of learning and playing soccer to any boy or girl, who has a mental or physical disability. Our goal is to enable the thousands of young athletes with disabilities to become valued and successful members of the US Youth Soccer family.

MA: <http://www.mayouthsoccer.org/programs/topsoccer/>

CT: <http://www.cjsa.org/programs/topsoccer/>

**10. Hospital for Special Care**

**Community Programs**

Community Health and Fitness Services  
2150 Corbin Avenue  
New Britain, CT 06053

860-223-2761

<http://hfsc.org/community>

**Activities**

1. Track and Field Team—Cruisers
2. Manes in Motion—Hippotherapy
3. Adaptive Swimming contact Joan Karpuk, PT, ATP- at (860)-714-3500 or email: [jkarpuk@stfranciscare.org](mailto:jkarpuk@stfranciscare.org) or [jmk330@aol.com](mailto:jmk330@aol.com)
4. Sports Camps
5. Wheelchair Basketball

**11. Mt. Sinai Rehabilitation Center**

490 Blue Hills Avenue

Hartford, CT

860-714-3500

**Adaptive Golf Program**

Held Spring (April- June) and Fall (Sept- Nov) Location is either the Mt. Sinai Rehabilitation Center or at a local golf course in Bloomfield. Times vary year to year, but it is a 2 hour session. day event.

For more information contact:

Paige McCullough-Casciano, CTRS - (860) 714-2421 or email: [pmccullo@stfranciscare.org](mailto:pmccullo@stfranciscare.org) /

**Adaptive Rowing Program**

Begins June to September Wednesday 5- 7pm and Saturday mornings at the Boathouse in Hartford. First few sessions held at the Mt. Sinai Rehabilitation Center.

For more information contact:

Paige McCullough-Casciano, CTRS - at

(860) 714-2421 or email: [pmccullo@stfranciscare.org](mailto:pmccullo@stfranciscare.org)

**12. NEAT Marketplace/ Oak Hill Schools, Inc.**

860 286-3106

120 Holcomb St  
Hartford, CT 06112

See: [www.neatmarketplace.com](http://www.neatmarketplace.com)

Equipment Exchange, Disability Resources for Adaptive Equipment, computer programs, and sexuality training, and Camp Hemlocks.

**Camp Hemlocks**

Easterseals Camp Hemlocks is an accessible camp for youth and adults with physical, sensory, intellectual and developmental disabilities in the scenic woods of Central Connecticut.

[**http://www.easterseals.com/cfc/our-programs/camp-hemlocks/**](http://www.easterseals.com/cfc/our-programs/camp-hemlocks/)  
Jillian McCarthy email - [Jillian.McCarthy@oakhillct.org](mailto:Jillian.McCarthy@oakhillct.org) or phone - 860-228-0393 Ext. 4068

**13. Camp Harkness**

Waterford, CT 06385

<http://ucphartford.org/camp-harkness/>

Please contact UCPA of Greater Hartford at (860-942-3039) for full details.

The goal of UCPA’s Camp Harkness is to encourage the emotional and physical growth of the campers by providing a safe and meaningful residential camping program.

**14. Skiers Unlimited**

Adapted Skiing Program http://www.skiersunlimited.com/

Based at Southington CT, administrated through Connecticut Children’s Hospital:

If you are interested, email:webmaster@skiersunlimited.com; or call Steve at Connecticut Children's Medical Center, (860) 545-9266

15. **Sports Association of Gaylord Hospital**

Sports Association  
Gaylord Hospital  
P.O. Box 400  
50 Gaylord Farms Road  
Wallingford, CT 06492

Sports Association Program Manager:  
Katie Joly, M.S. CTRS  
[kjoly@gaylord.org](mailto:kjoly@gaylord.org)  
203-284-2772

The Sports Association of Gaylord Hospital provides adaptive sports and recreation programs to adults with physical disabilities in the state of Connecticut and throughout the Northeast. We are dedicated to improving the lives of persons with physical disabilities through adaptive sports and recreation.

Sports include: Alpine Skiing, Archery, Cycling, Golf, Kayaking, Paratriathalon, Quad Rugby, Rock Climbing, Sled Hockey, Tennis, Veteran’s Fishing, Water Skiing.

Programs include: Clinics, Clubs, Classes, Competitive Teams, Discovery Nights, Fund Raising, Sports Association Veteran Event Series Tournaments, Special Events,

16. Special Olympics CT

<http://www.soct.org/>

17. Special Olympics MA

<https://www.specialolympicsma.org/>