

Resource Directory

Inclusive Fitness Opportunities in Central New York
for Young Adults with Developmental Disabilities



Created in 2017 by the Fitness Inclusion Network
for the New York State Developmental Disabilities Planning Council



FitnessInclusionNetwork.org



This resource directory was created in 2017 for the **Inclusive Fitness Initiative**, a pilot program funded by the New York State Developmental Disabilities Planning Council. The goal is to promote inclusion of young adults with developmental disabilities in community-based wellness programs.

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Eliminating Barriers



INCLUSION MEANS: to transform communities based on social justice principles in which all community members:

are presumed competent

are recruited and welcomed as valued members of their community

fully participate and learn with their peers

experience reciprocal social relationships

COMMIT TO 
INCLUSION
COMMITTOINCLUSION.ORG

Transforming Communities



Central New York: We organized this directory into four sections that reflect the four main categories of physical activity. Browse by what interests you!



Unified Sport

page 6

Here we provide listings for team sport opportunities.



Mindful Movement

page 17

Here we provide resources for yoga, Tai Chi and related programs.



Outdoor Recreation

page 19

Here we provide resources for nature areas and accessible outdoor recreation.



Personal Fitness

page 23

Here we provide information on inclusive gyms.

New York State: If you are looking for resources in other areas of New York State, check out SUNY Cortland's Inclusive Recreation Resource Center:

Inclusion U

We provide training, called *Inclusion U*, to parks and recreation professionals, self-advocates, college students, tourism professionals, human services professionals, families, and anyone interested in increasing opportunities for inclusive recreation. *Inclusion U* teaches you how to be a Certified Inclusivity Assessor! Once you complete *Inclusion U* you are able to complete inclusivity assessments and submit the results to the IRRC to be included in an online recreation database.

Inclusivity Surveys

With a user-friendly tool, the *Inclusivity Assessment Tool*, we help programs and facilities assess both physical accessibility and programmatic inclusion.

Online Recreation Database

All programs or facilities that are assessed using the *Inclusivity Assessment Tool* are entered into an extensive online database. The searchable database is a comprehensive bank of descriptive information on how inclusive and accessible recreation resources are, to help people with disabilities better plan their recreation.

Technical Assistance

We provide assistance in improving program or facility accessibility. We are available to help individual agencies as they work to increase inclusion of people with disabilities and other differences into their parks, programs, or facilities.

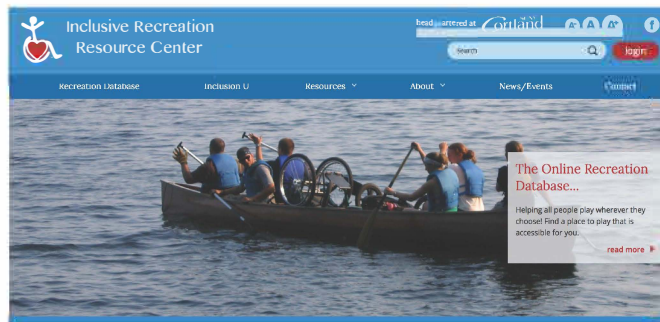
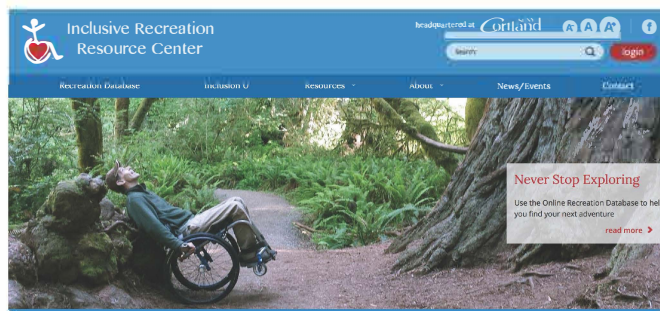
Website: <https://www.inclusiverec.org>

Partnerships

The Center has partnerships with numerous agencies and groups to promote full inclusion in recreation. We welcome new partnerships that will help change and sustain systems for inclusive recreation and parks.

Research and Evaluation

Central to the Center's work is careful study of what works best to facilitate inclusion. We are collecting data to help inform us of the best ways to help parks and recreation opportunities be inclusive, and to help people with disabilities achieve their "recreation dreams and aspirations."



Unified Sport

Interscholastic Unified Basketball League

Special Olympics Unified Sports

Unified Sports is a registered program of Special Olympics that combines approximately equal numbers of athletes with and without intellectual disability on basketball teams for training and competition. All Unified Sports players, both athletes and special partners, are of similar age and matched sport skill ability. Teams are placed in competitive divisions based on their skill abilities, and range from training divisions (with a skill-learning focus) to high level competition. Besides providing a similar competitive experience to regular school interscholastic sport opportunities players will also gain physical fitness, develop friendships and demonstrate appreciation and respect for each other both on and off the playing field.

Eligibility: Individuals with and without developmental disabilities

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Call for fee information

Contact Phone Number: Call Todd Nelson at 315-717-1712 or email him at TNelson@nysphsaa.org

Inclusive Sports Training

Move Along, Inc.

Our Inclusive Sports program, is focused on building up the student's awareness of available adaptive sports for those individuals with mobility issues in an inclusive setting. These programs exist to help integrate both able bodied and disabled individuals into inclusive sports opportunities.

Eligibility: Individuals with and without developmental disabilities

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Call for fee information

Contact Phone Number: Please call Jeff Wright at 315-263-1705 or email him at

jeff_wright@movealonginc.org

Sled Hockey

Move Along, Inc.

Sled Hockey is very similar to ice hockey with the exception of equipment. Participants use specially designed sled which sit atop two ice hockey skate blades. Each player has two short hockey sticks with metal picks on the end which are used to propel him/her across the ice. The Sled Hockey program is designed for both beginners and experienced players of all ages. This program offers its players the opportunity to play competitively with other teams in the NY Area. Although official games will be played on full ice the practices will be played cross ice to foster the development of skills with the hopes of developing future Paralympic athletes. The Sled Hockey program provides its participants with sleds, hockey sticks, and a helmet to use during practices and games. Equipment is limited and individuals with physical disabilities will be given priority over our able-bodied participants.

Eligibility: Individuals with and without physical disabilities (those with physical disabilities will be given priority)

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: \$150 Youth

\$150 Adult

\$75 to purchase team jersey (with name and number)

Will not turn away participants due to inability to pay!

Contact Phone Number: Please call Susan Arnold at 315-560-3692 or email her at

Susan_Arnold@movealonginc.org

Wheelchair Tennis Program

Move Along, Inc.

Unified Sport

Move Along, Inc runs a wheelchair tennis program at the Liverpool High School Tennis Courts. This program is open to all persons, community members and veterans of all ages and skill levels who are interested in playing wheelchair tennis! Equipment will be provided. The knowledgeable coaching staff will provide instruction on technique and strategy, host drills and facilitate match play.

Eligibility: All individuals interested in playing wheelchair tennis

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Call for fee information

Contact Phone Number: Please call Dominique Canale at 315-806-9717 or email her at

Dominique.Canale@movealonginc.org

Adult Summer Wheelchair Basketball Program

Move Along, Inc.

Move Along, recreational wheelchair basketball team offers its participants an opportunity to have fun while keeping fit. Wheelchair basketball is a fun and energetic game that fosters peer mentoring. Each year our team plays other NY state teams at the State Fair in front of the coliseum and many of its participants act as peer mentor for the youth rebound program. This program is for ages eighteen and up. Specialized basketball wheelchairs are provided but limited. Participants rotate in and out throughout the practice to allow everyone a chance to enjoy this great physical activity. A Syracuse Flyers practice jersey will be included as part of this program fee.

Eligibility: Wheelchair users ages 18 and older

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Jersey cost only if interested

Contact Phone Number: Please call Jeff Wright at 315-263-1705 or email him at

jeff_wright@movealonginc.org

Adult Recreational Wheelchair Basketball

Move Along, Inc. with Syracuse Parks Department

Recreational wheelchair basketball offers its participants an opportunity to have fun while keeping fit. Wheelchair basketball is a fun and energetic game that fosters peer mentoring. This program is for ages eighteen and up. This program will help to develop your wheelchair basketball skills and have some fun at the same time! All equipment will be provided, just show up with a willingness to play!

Eligibility: Wheelchair users ages 18 and older

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Call for fee information

Contact Phone Number: Please call Jeff Wright at 315-263-1705 or email him at

jeff_wright@movealonginc.org or Chris Abbott at 315-382-3303 or email him at CAbbott@syrgov.net

Special Olympics Bowling

ARC, Oneida-Lewis Chapter

Provides a 6 week program for adults with developmental and intellectual disabilities who live with their families, independently, or in a residential setting.

Eligibility: Adults ages 18 years and older with developmental and/or intellectual disabilities, participants must be Medicaid Waiver eligible

Application Process: Call to register

Required Documentation: The Special Olympics Medical and Consent release must be filled out by the athlete and the athlete's doctor

Fees: None

Contact Phone Number: 315-272-1577

ARC of Onondaga

Unified Sport

Onondaga Soccer Team & Skills

Special Olympics New York Central Region

Soccer team opportunity for individuals with intellectual disability. Location of activity is East Syracuse Minoa High School at the Kirkville Road Fields. Head coaches are Rick Reilly and Mary Lee Chase.

Eligibility: Individuals with intellectual disability

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: None

Contact Phone Number: Call 315-314-6839

Contact Phone Number: Please Call Sean Coakley at 315-314-6839 ext. 7203 or email him at

scoakley@nyso.org

Eligibility: Individuals with developmental disabilities

Application Process: None

Required Documentation: None

Fees: \$5 per person

Contact Phone Number: 315-478-8634

Onondaga Softball League

Special Olympics New York Central Region

Softball league opportunity for individuals with intellectual disability. Location of activity is Carrier Park in East Syracuse. Head coach is Bonnie Brown.

Eligibility: Individuals with intellectual disability

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: None

Contact Phone Number: Call 315-314-6839

Lewis County Rockers

ARC, Oneida-Lewis Chapter

Offers a country line dance troupe for individuals with developmental disabilities.

Eligibility: Individuals in Lewis County with developmental disabilities who are Medicaid Waiver eligible

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Call to verify insurance information

Contact Phone Number: 315-376-6473

Onondaga Bowling League

Special Olympics New York Central Region

Bowling opportunity for individuals with intellectual disability. Location of activity is the Village Lanes in East Syracuse. Head coach is Bonnie Brown.

Eligibility: Individuals with intellectual disability above the age of 21

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: None

Recreation and Relaxation Program

ARC, Oneida-Lewis Chapter

Offers individuals with developmental disabilities the chance to participate in weekly activities.

Eligibility: Lewis County residents with a developmental disability that live with a family member, must be Medicaid Waiver eligible

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: None

Contact Phone Number: 315-376-6473

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Eligibility: Individuals with intellectual disability above the age of 21

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: None

Adapted Cycling

Move Along, Inc.

Family adaptive cycling is a fun activity for the whole family. This program is for individuals with or without physical disabilities who want to enjoy riding a bike again with family and friends. This program is open to individuals who are just getting reacquainted with cycling as well as avid cyclers. Move Along has eight different hand cycles to try out. They meet at various linear parks in Syracuse. Check website for more information.

Eligibility: Individuals with and without developmental disabilities

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Call for fee information

Unified Sport

Contact Phone Number: Please call Jeff Wright at 315-263-1705 or email him at

jeff_wright@movealonginc.org

Onondaga Golf

Special Olympics New York Central Region

Golf offered for individuals with intellectual disability. Locations are in Baldwinsville and Sunnycrest Golf Course in Syracuse. Head coach is Jeff Manzo.

Eligibility: Individuals with intellectual disability

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Call for fee information

Contact Phone Number: Call 315-314-6839

Cayuga Golf

Special Olympics New York Central Region

Golf offered for individuals with intellectual disability. Location is Lakeview Golf Course. Head coach is Paul Reichhart.

Eligibility: Individuals with intellectual disability

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Call for fee information

Contact Phone Number: Call 315-314-6839

Copper City Golf

Special Olympics New York Central Region

Golf offered for individuals with intellectual disability. Location is Hidden Valley Golf Course in Whitesboro, NY. Head coach is Jerry Amoroso.

Eligibility: Individuals with intellectual disability

Application Process: Call for information and services

Required Documentation: Call for required

documentation

Fees: None

Contact Phone Number: Call 315-314-6839

Madison Golf

Special Olympics New York Central Region

Golf offered for individuals with intellectual disability. Location is Cazenovia Golf Club on Route 92. Head coach is Lynn Goldacker.

Eligibility: Individuals with intellectual disability

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: None

Contact Phone Number: Call 315-314-6839

Oneida Cycling Club

Special Olympics New York Central Region

Cycling club opportunity for individuals with intellectual disability. More experienced cyclists meet at the Trailhead in Oriskany on Route 69. Shorter distance cyclists meet at MetLife Parking Lot near Oneida County Airport off of Judd Road. Head coach is Laura Cabelus.

Eligibility: Individuals with intellectual disability

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: None

Contact Phone Number: Call 315-314-6839

Madison Cycling Club

Special Olympics New York Central Region

Cycling club opportunity for individuals with intellectual disability. Location is Arise Farm, 1972 New Boston Road in Chittenango. Head coach is Linda Mitchell.

Eligibility: Individuals with intellectual disability

Application Process: Call for information and services

Unified Sport

Required Documentation: Call for required documentation

Fees: None

Contact Phone Number: Call 315-314-6839

Mike Hart Family Foundation Challenger Football Program

Mike Hart Family Foundation

CNY Challenger Football is a flag football and cheer-leading organization for special needs individuals. All are welcome. Games are held Friday evenings for 2 ½ months in the Fall. There is also a one day event in June.

Eligibility: Individuals with developmental disability

Application Process: Call to sign up.

Required Documentation: Call for required documentation

Fees: None

Contact: Mike Poirer at 315-699-2222

Facebook : facebook.com/cnychallengerfootball

Greek Peak Adaptive Snow Sports

Greek Peak Adaptive Snow Sports

Offers adaptive snow sports Sundays , January-March

Eligibility: Individuals with developmental disability

Application Process: Call for information

Required Documentation: Call for required documentation

Fees: None

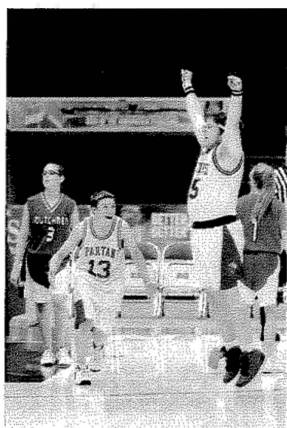
More information: <http://www.gpadaptive.org>

Contact: 607-835-611 and ask for Adaptive Center

Unified Sport

What is Project Unify?

Project UNIFY brings youth with and without intellectual disabilities together through education and sports and related initiatives that provide them with the knowledge, attitudes and skills necessary to create and sustain school communities that promote the acceptance, respect and human dignity for all students. Project Unify is made up of three main components:



Inclusive Sports-opportunities for students with and without intellectual disabilities to participate in sports activities alongside one another and which we have found to be among the most conducive activity for breaking down stereotypes. (Unified Sports)

Youth Leadership & Advocacy-opportunities for students with and without intellectual disabilities to take on leadership roles in promoting Unified Sports and Project UNIFY activities in the school and in the community. (Youth Activation Committee, Youth Summit, Polar Plunge, etc.)



Whole School Engagement- activities and actions designed to encourage all school and greater community involvement and participation in promoting understanding, acceptance and inclusion. (Spread the Word, Youth/Pep Rallies, Fans in the Stands)

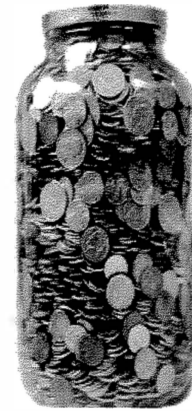
What is a Youth Activation Committee?

A Youth Activation Committee (or YAC) is an inclusive group that embodies the leadership of young people in Special Olympics at the local, regional, state and national level. In all cases, they offer outstanding opportunities for students with and without intellectual disabilities to demonstrate and develop their leadership skills, and to play important roles in furthering the mission of Special Olympics and Project UNIFY.

Unified Sport

Activities for YACs and Unified Sports Schools

Change for Champions— an in school campaign in which change is collected to help raise funds for Special Olympics. Schools may choose to have class vs class or grade level vs grade level competitions, have a “consequence” for a principal or teacher if a goal is reached. One great variation is to assign positive points to all silver, and negative points to all copper. So a class (or grade) could “sabotage” another class (or grade) by putting pennies in their collection jar. (*Youth Leadership and Advocacy, Whole School Engagement*)



Quarter Mile of Quarters!— an in school campaign in which students collect quarters until they have enough to line the inside of a 400 m track. Once enough are collected, the students race to see how quickly they can line the track and recollect all of the quarters. This can be video recorded, while a spokesperson talks about why the school has chosen to do this, and providing a challenge to other schools and districts to try to beat them. (*Youth Leadership and Advocacy, Whole School Engagement*)



Cool Schools Polar Plunge— Students, Teachers and Administrators seek pledges and do in school fundraising campaigns in order to earn the chance to take the Plunge into ice cold waters to raise awareness for Special Olympics. (*Youth Leadership and Advocacy, Whole School Engagement*)

rUNDEAD— YACs can register and build a team to participate in The rUNDEAD 5k, a zombie survival run. Participants can register as zombies or as runners. Runners are issued a belt with three flags (or “lives”) at the beginning of the race. Zombies try to capture runners flags throughout the course, while runners to finish with at least one flag (or survive!) (*Youth Leadership and Advocacy, Whole School Engagement*)



Spread the Word to End the Word (or the R-word Campaign)— a youth-generated, youth-led effort by Special Olympics, Best Buddies International and many supporters to raise consciousness about the dehumanizing and hurtful effects of the word “retard(ed),” to encourage people to pledge to stop using the R-word, and to promote the acceptance and inclusion of people with intellectual disabilities. R-word Campaigns often include online pledge drives, poster pledge drives, youth plan and led rallies, and student made videos promoting inclusion and the end of usage of the R-word. (*Youth Leadership and Advocacy, Whole School Engagement*)

Unified Sport

Project Unify Introductory Cycle and School Responsibility:

[July – August]

- FM - Veteran Youth Activation Committee (YAC) leaders meet at a Statewide conference
- Initial information circulated and new school organization begins

[September]

- Information distributed to new schools and school recruitment begins

[October]

- New schools commit to Project Unify and Unified Sports
- Committed schools submit a simple program budget and application

[November]

- Each school recruits and selects a YAC advisor
- YAC Advisors Webinar designed to provide initial orientation and training
- YAC advisors recruit and select students for the YAC

[January]

- YAC Summit (5 hour training session for youth leaders and advisors from all schools)
- Unified Sport coach recruited and selected by each School

[February]

- Unified Sports Coaches Webinar designed to provide initial orientation and training
- Unified Coaches complete free 2 hour NFHS coaching course online
- YAC involvement in fundraising leadership activity- Polar Plunge

[March]

- Unified Coaches recruit and select students for the Unified Sports Team
- YAC continue awareness and advocacy activity – March 4, National R-word day
- YAC advisor summary, testimonials and anecdotes provided

[April]

- Unified Sports team practice begins
- YAC advisor summary, testimonials and anecdotes provided

[May]

- Unified League Play begins
- Culminating event occurs
- YAC advisor summary, testimonials and anecdotes provided

[June]

- School Advisor completes project Unify online evaluation/survey
- YAC will initiate plans for following school year and upcoming activities
- Coach/Administrator summary, testimonials and anecdotes provided.



Unified Sport

Special Olympics Unified Schools® is an education and sports based strategy powered by an engaged youth community that increases athletic and leadership opportunities for students with and without intellectual disabilities, while creating communities of acceptance for all.

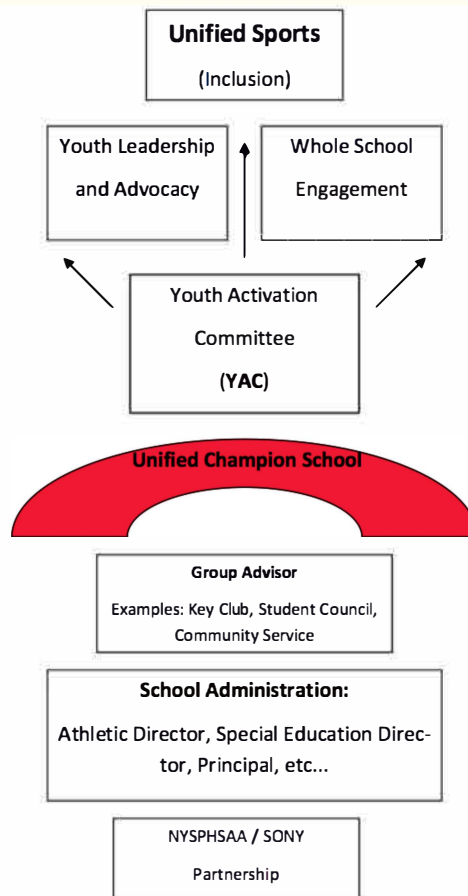
Youth Activation Committee

Who: Youth leaders with and without intellectual disabilities from the same school.

Purpose: To educate, motivate, and activate youth to become agents of change in their communities through advocacy for respect, inclusion, and acceptance for all people.

How: Plan and implement activities that create a culture of inclusiveness in the school.

Why: To create a whole school environment where authentic social inclusion and learning happens through meaningful activity providing for respect and dignity for all.



Interscholastic Unified Sports



Guidelines and Information



Special Olympics
Unified Champion Schools

Unified Sport

What is Unified Sports?

Unified Sports® is a registered program of Special Olympics that combines approximately equal numbers of athletes with and without intellectual disability on sports teams for training and competition. All Unified Sports® players, both athletes and special partners, are of similar age and matched sport skill ability. Unified Sports® teams are placed in competitive divisions based on their skill abilities, and range from training divisions (with a skill-learning focus) to high level competition. Besides providing a similar competitive experience to regular school interscholastic sport opportunities players will also gain physical fitness, develop friendships and demonstrate appreciation and respect for each other both on and off the playing field.

Why Unified Sports?

The purpose of a Unified Sports team is to provide authentic, competitive opportunities for students with intellectual disabilities to participate in athletics.

Active inclusion thru athletics provides educational benefits to all participants.

Sectional Pilot Project

- NYSPHSAA recognized sport
- High School Team (9-12)
- Basketball
- Spring six game league play
- Culminating Event

Team Selection Process

- Teams are comprised of students with intellectual disabilities (athletes) and students without intellectual disabilities (partners)
- Select athletes (students with ID) who are able and willing to participate. For information on defining intellectual disabilities, visit specialolympics.org/Sections/Who_We_Are/About_Intellectual_Disabilities
- Select students of similar ability from general education population
- Ask: "Is this a good fit for each student?"

District Commitment Timeline

- Sept/October – Information dispersed to stakeholders, district commits to participation
- Oct-Dec – Recruit select/advisor coach
- January – League-wide Youth Activation Summit
- January-March – Plan activities that build awareness and sustainability
- February/March – Coaches training and league meeting.
- March – Implement team selection process including sign ups and medical clearance
- April – Practices Begin
- April/May – Regular season games
- May – Culminating Tournament

Budget Items to consider

- Advisor and Coach Salary
- Uniforms
- Officials/Transportation
- Other (supplies, game management, etc.)

Mindful Movement

Unified Yoga Program

Fitness Inclusion Network

An inclusive outdoor Yoga program that welcomes people of all abilities. It originated several years ago in the Mainstream Program at the Southwest Community Center in Syracuse, New York. The core group of participants are teens and young adults, some of whom have developmental disabilities such as intellectual disability, cerebral palsy, and autism. The purpose of Unified Yoga is to instill acceptance, positivity, and empowerment for all participants, and to transform communities.

Eligibility: Individuals with and without developmental disabilities

Application Process: None

Required Documentation: None

Fees: None

Contact Phone Number: Call Maddy Locastro at 315-209-3697 or email her at mlocastro2&21@gmail.com

Eligibility: Individuals with developmental disabilities

Application Process: None

Required Documentation: None

Fees: \$5 per person

Contact Phone Number: 315-478-8634

Lewis County Rockers

ARC, Oneida-Lewis Chapter

Offers a country line dance troupe for individuals with developmental disabilities.

Eligibility: Individuals in Lewis County with developmental disabilities who are Medicaid Waiver eligible

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Call to verify insurance information

Contact Phone Number: 315-376-6473

Yoga in the Park Program

Syracuse Parks and Recreation Department

An outdoor Yoga program that welcomes people of all abilities. Classes are offered in Thornden, Burnet and Onondaga Parks. All classes are weather permitting.

Eligibility: Individuals with and without developmental disabilities

Application Process: RSVP or get more information at this email address: parksyouthrecreation@syr.gov

Required Documentation: None

Fees: None

Contact Phone Number: Call Chris Abbott at 315-382-3303 or email him at cabbott@syr.gov

Recreation and Relaxation Program

ARC, Oneida-Lewis Chapter

Offers individuals with developmental disabilities the chance to participate in weekly activities.

Eligibility: Lewis County residents with a developmental disability that live with a family member, must be Medicaid Waiver eligible

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: None

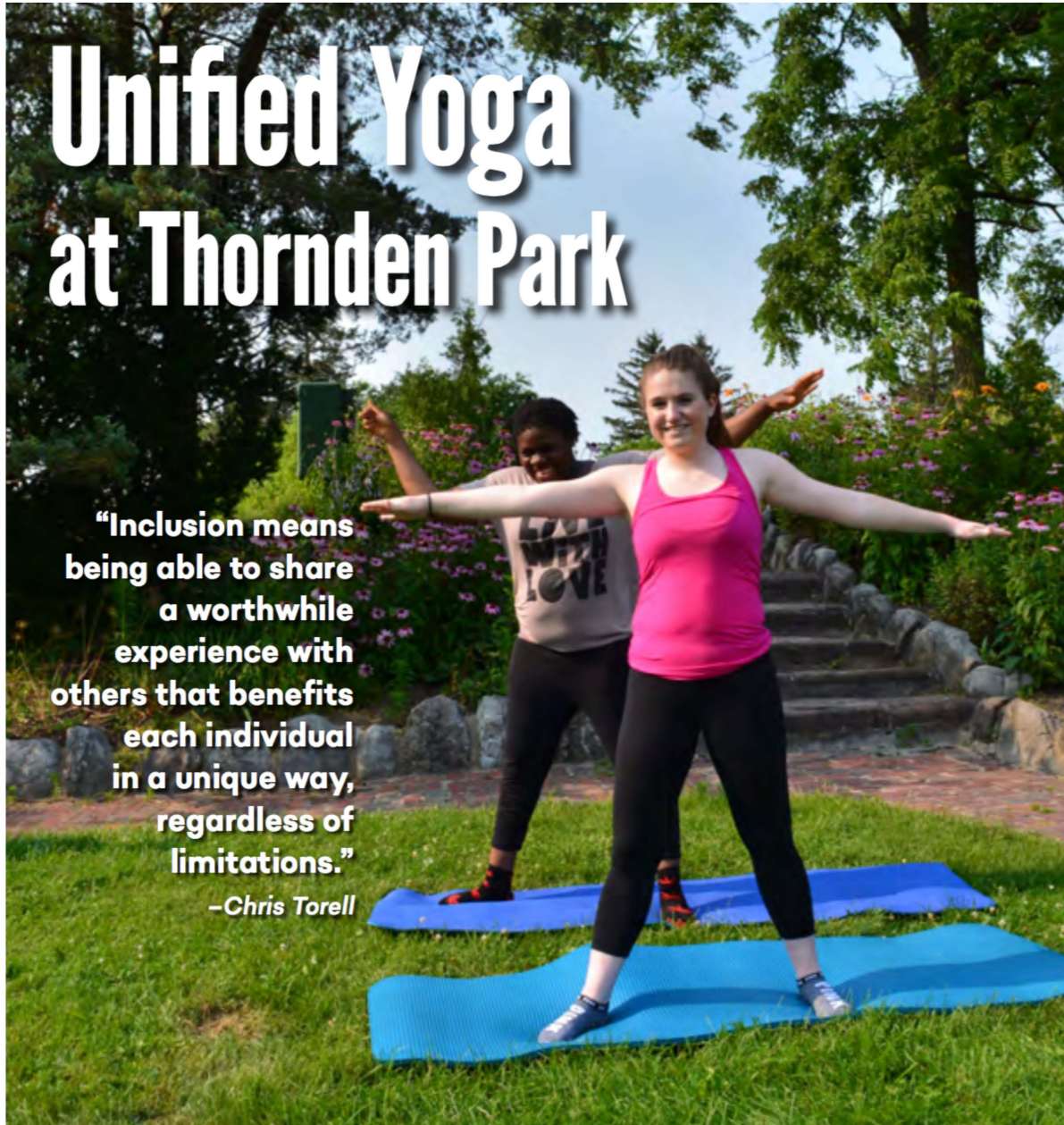
Contact Phone Number: 315-376-6473

Westcott Recreation Club

Westcott Community Center

Offers community dances for individuals with developmental disabilities.

Mindful Movement



- Inclusive Fitness Initiative, New York State Developmental Disabilities Planning Council
- City of Syracuse Department of Parks, Recreation and Youth Programs
- Fitness Inclusion Network



Outdoor Recreation

Inclusive Walking Club via Monday Mile Program

Fitness Inclusion Network

Healthy Monday is a public health initiative founded in 2005. The idea behind Monday Mile and other Healthy Monday initiatives is to start the week off with healthy habits. People are encouraged to use the accessible and inclusive Monday Mile loops that are marked throughout Onondaga County, or create your own Monday Mile loop.

Eligibility: Individuals of all abilities

Application Process: None

Required Documentation: None

Fees: None

Resource: Guidebook on “How to Create an Inclusive Walking Club!” http://healthymonday.syr.edu/wp-content/uploads/2015/09/HowToCreateAnInclusiveWalkingClub_2015_tagged.pdf

Accessible Geocaching Club

Fitness Inclusion Network

Geocaching is a real-life, scavenger hunt that uses GPS-enabled devices to find a hidden object referred to as a “cache.” Caches are placed all over CNY to highlight accessible parks and various locations. Visit the guidebook below to learn more about how to get involved, whether you would like to hide a cache to add to the array of accessible caches or find the many caches that the website has to offer.

Eligibility: Individuals of all abilities

Application Process: None

Required Documentation: None

Fees: None

Resource: Guidebook on “Accessible Geocaching: The Treasure is in the Journey” http://bbi.syr.edu/projects/fit-in/docs/AccessibleGeocachingFiNAL_TAGGED.2016.pdf.pdf

ARISE and Ski Program

Arise, Inc.

ARISE & Ski can help you take on the slopes at Toggenburg and learn how to ski. They are dedicated to ensuring that anyone who wants to is able to participate in winter sports to their fullest potential. The ARISE & Ski program is officially recognized by PSIA (Professional Ski Instructors of America) and the directors and training staff are certified adaptive snow sports instructors with a combined 60+ years of ski teaching experience. In addition to the certified staff, they also have over 100 dedicated volunteer instructors who are trained and supervised by the certified staff. The instructors are experienced in all forms of adaptive ski instruction, including mono-ski, bi-ski, 3 track and 4 track, blind instruction, and working with people with developmental disabilities.

Eligibility: Individuals with developmental disabilities

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: \$160.00 and this includes all lessons, every student’s lift ticket and any equipment that the student may need. Some students may qualify for financial assistance, please contact us for more information.

Contact Phone Number: Call 315-671-3094 or email at ski@ariseinc.org

ARISE at the Farm Horseback Riding Program

Arise, Inc.

This horseback riding program gives children and adults of all abilities the opportunity to experience the benefits and joy of horseback riding. Depending on the rider and their goals, the lessons are a blend of: Adaptive Riding Techniques which help riders learn how to ride independently. Participants work on developing riding skills like steering, posting, trotting, etc. Therapeutic Riding Techniques which help riders develop balance and fine motor control through reaching, weight-shifting, and motor planning.

Eligibility: Individuals with developmental disabilities

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Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Call for fee information

Contact Phone Number: Call Laura Little at 315-687-6727 or email her at llittle@ariseinc.org

ARISE at the Farm Summer Adult Camp

Arise, Inc.

Adult Camp is fun summer camp for adults that provides fun and slower-paced adventure for campers of all abilities. Activities include: horseback riding, cart driving, arts and crafts, fishing, games.

Eligibility: Adults with developmental disabilities

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Call for fee information

Contact Phone Number: Call Laura Little at 315-687-6727 or email her at llittle@ariseinc.org

ARISE at the Farm Cart Driving

Arise, Inc.

Accessible horse carts allow anyone to learn horse cart driving. Drivers can meet physical, cognitive, and psychological goals while making friends. You can enjoy a leisurely ride on a horse cart or learn how to drive the cart yourself. Cart Driving is offered in the Spring, Summer, and Fall (weather permitting) to individuals as well as day hab groups.

Eligibility: Adults with developmental disabilities

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Call for fee information

Contact Phone Number: Call Laura Little at 315-687-6727 or email her at llittle@ariseinc.org

ARISE at the Farm Ground Lessons

Arise, Inc.

Ground lessons give participants an opportunity to develop confidence by learning how to handle and care for horses. Students will learn the basics of grooming, tacking, handling, and walking horses.

Eligibility: Adults with developmental disabilities

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Call for fee information

Contact Phone Number: Call Laura Little at 315-687-6727 or email her at llittle@ariseinc.org

Nature on Wheels NOWmobile

Beaver Lake Nature Center

The NOWmobile, an electric vehicle that connects visitors with mobility limitations to the fascinating natural areas of Beaver Lake. Each excursion is a 90 minute tour through the Center's diverse habitats. Accompanied by a naturalist, the NOWmobile will slowly travel the trails, stopping occasionally to take a close look at interesting features of nature.

Eligibility: Individuals with and without developmental disabilities

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: \$3 per person (includes Nature Center admission)

Contact Phone Number: Call 315-638-2519

Project Explore Summer Program, Onondaga County

Exceptional Family Resources (EFR)

Provides half-day summer activities to teens with developmental disabilities. Groups have a brown bag lunch together and then participate in scheduled events. Group is

Outdoor Recreation

physically active with daily activities that include swimming, Ultimate Frisbee, short hikes, and a high ropes course.

Eligibility: Teens ages 14 through 21 years with a developmental disability; participants must be eligible to receive HCBS waiver services

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Call for fee information

Contact Phone Number: 315-478-1462 ext. 335

Adapted Paddling

Move Along, Inc.

Adapted paddling opens the door to paddling to all, including people who have disabilities. It is simply paddling canoes and kayaks using the standard equipment which is adapted as needed to compensate for any function the paddler has lost due to disability. While an adaptation may be made to the paddle grip or the seating support within the craft, the sport of paddling is not changed or adapted. Adapted Paddling programs are committed to providing full integration of paddlers who have disabilities and to provide all paddlers with the equipment, teaching style, and paddling locations that best meets the paddler needs.

Eligibility: Individuals with and without developmental disabilities

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Call for fee information

Contact Phone Number: Please call Dawn Gooley at 315-744-2064 or email her at

Dawn_Gooley@movealonginc.org

Synergy Stables-Adaptive Horsemanship

Move Along, Inc.

Synergy Stables is an inclusion program designed to bring people living with and without disabilities together in partnership with horses and nature. Graciously hosted by Beacon Hill Equestrian Center in Cato, NY; we believe bringing individuals closer to each other in nature, brings them closer to themselves. Synergy Stables utilizes trained personnel to adapt equipment and/or teaching strategies to promote excellence and well-being. All lessons are taught by a PATH Intl. Certified Instructor and are scheduled privately. This is a fee based program.

Eligibility: Individuals with and without developmental disabilities

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Call for fee information

Contact Phone Number: Please call Trisha Williams at 631-708-8604 or email her at

trisha_williams@movealonginc.org

Spina Bifida Weekend

Double H Ranch

A weekend designed for campers who have Spina Bifida, and is run in collaboration with The Spina Bifida Association of Northeastern New York. Families have the opportunity to spend a long weekend in the Adirondacks, enjoying all of camp's activities - from fishing on Lake Vanare to taking on the high ropes course. Dates are October 26-29, 2017.

Eligibility: Individuals with spina bifida

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: Call for fee information

Contact Phone Number: Call 518-696-5676

After-School and Summer Programs, Onondaga County

Catholic Charities of Onondaga County

Offers activities designed to help children develop social

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skills through arts and crafts, cooking, dramatic play, athletics, games and field trips. Provides tutoring and homework support to youth living in each Neighborhood Center's respective area.

Eligibility: Children must reside in the immediate neighborhood of their respective center and be willing to abide by center rules and regulations

Application Process: Call for information and services.

Required Documentation: None

Fees: None

Contact Phone Number: 315-472-6343

Dodge Pond, St. Lawrence County

Saint Lawrence NYSARC

Provides year-round recreation opportunities for people with intellectual and developmental disabilities. Private rentals are available on the weekends for a fee to individuals with developmental disabilities and their families.

Eligibility: Adults and children with an intellectual or developmental disability and their families

Application Process: Call or go online for information and services

Required Documentation: None

Fees: Call or go online for camp and private rental fees

Contact Phone Number: 315-848-2336

Recreation and Events

Advocates, Inc.

Provides free, family-centered, community-based recreational activities such as holiday celebrations, family picnic, talent shows, bowling days, and fishing outings. Provide individuals, their parents, and siblings a chance to enjoy time together in a relaxed setting.

Eligibility: Children who are OPWDD eligible and their families

Application Process: Call to apply

Required Documentation: OPWDD eligibility letter

Fees: None

Contact Phone Number: 315-469-9931

Onondaga Bocce League

Special Olympics New York Central Region

Bocce opportunity for individuals with intellectual disability. Location of activity is the Onondaga Lake Park Visitors Center. Head coaches are Mark and Patti McKeon.

Eligibility: Individuals with intellectual disability

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: None

Contact Phone Number: Call 315-314-6839

Personal Fitness

Ability Fitness Program

Ability Fitness

To provide individuals with disabilities access to a non-fee based fitness center with specialized personal trainers, ability specific equipment and an environment for healthy growth and development. Our goal is to assist each individual in exceeding personal fitness goals and perceived expectations, and in the process proving that disabilities don't limit an individual's ability to excel physically or mentally while fulfilling lifelong fitness.

Eligibility: Any person with a disability will be eligible to participate in Ability Fitness. Though as an organization our preference is to take the 'dis' out of ability, in regard to eligibility requirements disability will be referenced as any person who has an impairment that is physical, cognitive, mental, sensory, emotional or developmental, singular or in some combination.

Application Process: Call for information and services

Required Documentation: Call for required documentation

Fees: None

Contact Phone Number: Please call 315-506-2463 or send an email to info@ability-fitness.org

Project Search

Project Search- SUNY Upstate Medical University

Students participating in the hospital-based supported employment program are given membership to the gym facilities at the Campus Activities Building. Personal trainers from Syracuse University Falk School develop individualized fitness goals. **Application Process:** Call for information and services

Required Documentation: Call for required documentation

Fees: None

Contact: For more information:

Christine Gustke, gustkec@upstate.edu

Patty Brecht, brechtp@upstate.edu

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