

AbilityPLUS Adaptive Skiing

Waterville Valley, NH
www.abilityplus.org • 603/236-8311 x3175

AbilityPLUS is a nonprofit organization that has programs and affiliates at Waterville Valley and seven other mountain locations. The group is dedicated to helping people with disabilities realize their dreams of inclusion through adaptive skiing/snowboarding and other recreation opportunities. Although the focus is primarily on snow sports, the organization is expanding into year-round recreational opportunities.

The other AbilityPLUS locations are:

- Attitash—Bartlett, NH 603/374-2688
- Gunstock—Gilford, NH 603/293-4341 x165
- King Pine—East Madison, NH 603/569-7565
- Mount Snow —West Dover, VT 802/464-1100 x1-4699
- Nashoba Valley—Westford, MA 978/692-3033
- Stowe—Stowe, VT 800/253-4SKI x3681
- Wachusett Mtn—Princeton, MA 978/464-2300

Access2adventure

Tiverton, RI
www.access2adventure.net • 401/835-2959

Access2adventure (a2a) is a nonprofit organization committed to improving the quality of life for people with physical disabilities. The group provides unique opportunities to participate in a variety of sports, recreational activities, and adventure travel. a2a is based in Rhode Island and serves the southern New England community.

Adventurelore

Danville, NH
www.adventurelore.org • 603/382-4661

Adventurelore is a high-adventure, safe coed outdoor living experience that offers challenge and success to children and adolescents. Adventurers vary in academic achievements— from above average to those who have difficulties.

Maine Handicapped Skiing

Newry, ME
www.skimhs.org • 800/639-7770

The name implies skiing only, but check out the website—this organization offers a full complement of summer adaptive activities throughout Maine. All adaptive recreational opportunities are free. Winter sport locations include:

- Sugarloaf/USA—Carrabassett Valley, ME
- Sunday River Ski Resort—Bethel, ME
- Pineland Farms—New Gloucester, ME

New England Handicapped Sports Association (NEHSA)

Newbury, NH
www.nehsa.org • 800/628-4484

NEHSA is a volunteer, nonprofit organization operated by and for individuals with disabilities. Its goal is to integrate individuals with disabilities into society through social and recreational activities. Skiing is the group's central sport because of its adaptability for many disabilities, but the group does offer other opportunities.

Northeast Passage

Durham, NH
www.nepassage.org • 603/862-0070

The mission of Northeast Passage is to create an environment where individuals with disabilities can participate in activities with the same freedom of choice, quality of life, and independence as their non-disabled peers. The T.R.E.K. program provides disability awareness for non-disabled children and works on recreation skills for inclusion.

Shake-a-Leg

Newport, RI
www.shakealeg.org • 888/ShakeALeg (888/742-5325)

Shake-a-Leg supports individuals with spinal cord injury and other disabilities to develop the skills to live up to their potential. Their Teen Life Program develops life skills, sports, and recreation for teenagers with nervous system dysfunction. Camps and programs are held at Salve Regina University during the summer.

Vermont Adaptive Ski & Sports

Killington, VT
www.vermontadaptive.org • 802/786-4991

Vermont Adaptive offers many recreational opportunities throughout Vermont to people with physical, emotional, and developmental disabilities. The group does charge fees but offers scholarships so that no one is denied access.

Waterville Valley Recreation

Waterville Valley, NH
www.watervillevalley.org • 603/236-4695

During the summer months, Waterville Valley Recreation collaborates with AbilityPLUS to provide a recreation department where kids of all abilities and disabilities can drop in for a day, a week, or all summer. Ask about the R.A.F.T. program for teens. Programming varies, so contact the group before planning your vacation.

White Mountain Adaptive Snowsports School (WMASS) from Disabled Sports/New England

Lincoln, NH
www.dsusa-ne.org • 603/745-6281 x5663

WMASS offers lessons in a variety of snow sports by highly trained volunteers. Lessons vary in length from two hours to a full day, depending on individual stamina. The group encourages family/friend participation and works to improve the quality of life of people with disabilities.

The Pre-Adaptive Coach program gives youth ages 14-18 the ability to participate actively in the WMASS program. Members get the training, responsibility, and opportunity to make a difference in their lives and the lives of others by sharing the joy of snow sports with other teenagers and children with disabilities.



Focus on your ability, not your disability!

Take advantage of these groups to find places where people of all abilities and disabilities participate in amazing sports.

AccessSport America

Acton, MA
www.accessportamerica.org • 978/264-0985

AccessSport America is a national nonprofit organization dedicated to the discovery and achievement of higher function and fitness for children and adults of all disabilities through high-challenge sports. You can contact the group for a listing of current sports and fees.

All Out Adventures

Easthampton, MA
www.alloutadventures.org • 413/527-8980

All Out Adventures contributes to the advancement of a more fully inclusive society for people with disabilities by using outdoor recreation as a catalyst for social change. People with cognitive and/or physical disabilities are welcome. Fees are reasonable. Program length can vary with activity.

Duxbury Bay Maritime School

Duxbury, MA
www.duxbayms.com • 781/934-7555

The Access Sail program encourages students to take the helm, trim sails, and learn about sailing. Weekend and weekday classes are offered, and there is an Access Sail Regatta each summer.

K.I.D.S. (Kids in Disability Sports)

Lowell, MA
www.kidsindisabilitysports.org • 978/454-2716

K.I.D.S. serves children with disabilities through adulthood, providing mentoring opportunities as well as sports activities. Participation is free. Call for current programming.

Massachusetts Department of Conservation and Recreation (DCR)

Amherst, MA
www.mass.gov/dcr/universal_access/
 413/545-5353 (v), 413/577-2200 (TTY)

DCR park interpreters include visitors with disabilities in nature walks and interpretive programs scheduled seasonally around the state. Many parks provide assistive listening equipment upon request. Recorded brochures, walks, and tours are also available at some parks. To request more information, alternative formats, or

American Sign Language interpretation for any DCR program, contact the Universal Access office at P.O. Box 484, Amherst, MA 01004 or by phone.

Nashoba Valley Ski Area

Westford, MA
www.skinashoba.com • 978/692-3033

Nashoba Valley Ski Area is an affiliate of AbilityPLUS and provides adaptive skiing and snowboarding lessons to people with disabilities. See the AbilityPLUS listing for more information.

Outdoor Explorations

Medford, MA
www.outdoorexplorations.org • 781/395-4999

Outdoor Explorations works to change the lives of people with and without disabilities through shared activities in the outdoors. Full-day clinics and overnight trips include kayaking, whitewater rafting, sailing, and snowshoeing. Fees are reasonable and scholarships are available so no one need be turned away. Call or refer to the website for a schedule of events.

Piers Park Sailing Center

East Boston, MA
www.piersparksailing.org • 617/561-6677

Piers Park is a community sailing facility located in an six-acre park on East Boston's waterfront. Since 1995, the sailing center has offered adaptive sailing lessons, memberships, racing, and programs for people with disabilities.

Special Olympics Massachusetts (SOMA)

Danvers, MA
www.specialolympicsma.org • 978/774-1501

Special Olympics provides year-round sports training in a variety of Olympic-type sports for individuals with intellectual disabilities. The website is comprehensive, but the organization can also be reached by phone.

Unified Sports (a division of Special Olympics) uses an inclusive model where Special Olympians of all ages train and participate alongside nondisabled partners providing a competitive experience. Participation is free to all.

Therapy and the Performing Arts

Waltham, MA
www.thegenesisfund.org/TPA.php • 781/890-4282

Therapy and the Performing Arts provides children and young adults with physical and intellectual disabilities the opportunity to enjoy arts and recreational programs while receiving therapeutic benefits. Options include music, dance, drama, and art, along with skiing, ice skating, horseback riding/pet therapy, bowling, windsurfing, swimming, and sailing. Certified instructors/therapists teach classes. Programs take place in Massachusetts and southern New Hampshire, and are offered on a sliding-scale fee based on the family's ability to pay.

Wachusett Mountain Ski Resort

Princeton, MA
www.wachusett.com/lessons/adaptive • 978/464-2300

Wachusett Mountain is an affiliate of AbilityPLUS and provides adaptive skiing/snowboarding lessons to people with disabilities. See the AbilityPLUS listing for more information.

YMCAs

Many branches throughout Massachusetts and nationally
www.ymca.net

The YMCA seeks to build strong kids, strong families, and strong communities. Many YMCA branches have staff dedicated to the successful inclusion of community members with disabilities. Check out the website listed to find the branch nearest you and see what's available.

This information was compiled by Elisabetta Costantini — 2006 Gopen Fellow as part of a research project on Inclusive Recreation for Teens and Young Adults.

The Gopen Fellowship is sponsored by the Mass DD Network:

Massachusetts Developmental Disabilities Council
 Institute for Community Inclusion at UMass Boston
 Eunice Kennedy Shriver Center
 Disability Law Center

**National Disabled Sports Alliance**

Kingston, RI
www.ndsaonline.org • 401/792-7130

NDSA is the national coordinating body for competitive sports for individuals with cerebral palsy, traumatic brain injuries, stroke, muscular dystrophy, and multiple sclerosis.

Special Olympics USA

Washington, DC
www.specialolympics.org • 202/628-3630

Special Olympics USA is dedicated to providing year-round training and athletic competition to more than 2.25 million people with intellectual disabilities.

YMCA

Chicago, IL
www.ymca.net • 800/872-9622

The YMCA's mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

National Ability Center

Park City, UT
www.nac1985.org • 435/649-3991

The National Ability Center is committed to developing lifetime skills for people of all ages and abilities by providing affordable outdoor sports and recreational experiences in a nurturing environment.

Disabled Sports USA

Rockville, MD
www.dsusa.org • 301/217-0960

DS/USA offers sports rehabilitation programs nationwide to anyone with a permanent disability. Activities include skiing, water sports, summer and winter competitions, fitness, and special sports events.

Many of these organizations offer scholarships so that everyone can participate. They are also great places to volunteer and donate time. It's what builds a community, so get out—get active!