

MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

Recreation (Health, Wellness and Fitness)

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This is a project of the Montgomery County Commission on People with Disabilities.

To submit an update, add or remove a listing, or request an alternative format, please contact: MCCPWD@montgomerycountymd.gov.

Montgomery County Recreation fitness passes for exercise enthusiasts are free for County residents in 2024.

The free pass provides access to fully-equipped fitness rooms, open gym (drop-in) activities, and game rooms at any [Community Recreation Center](#) during regularly scheduled hours. To apply for a fitness pass, visit a [center location](#). Proof of residency (a photo ID with an address or a photo ID and a current utility bill) must be provided to qualify for the free pass. Please note, youth ages 14-15 with a valid resident youth pass are able to use a fitness room only when accompanied by a parent/guardian with a valid fitness pass. The fitness pass does not include access to aquatic centers. You must have a photo on file with your membership before using any facility.

Access Maryland: State Park Pass for Persons with Disabilities - Maryland Department of Natural Resources - Universal Disability Pass

410-260-3220 (V)

1-877-620-8367 (Toll Free)

<http://dnr.maryland.gov/publiclands/pages/udpfaq.aspx>

The Universal Disability Pass is a free lifetime pass that does not require renewal. Permits the holder and one other person free entrance to day-use facilities at Maryland State Parks and Forests, where there are service fees associated with entrance. This Pass does not cover automated gate entrance systems or service charges in the park such as camping, boat launch, rentals, bus parking, other concessions or special charges. Identification may be requested when the Pass is presented. In addition to entrance into a Maryland State Park or Forest, the pass also allows those individuals who possess a valid hunting license to hunt from a vehicle in accordance with regulations. Passes can be obtained from any [Maryland Service Center](#).

ArtStream

301-565-4567 (V)

Email: info@art-stream.org

www.art-stream.org

Feature adult actors with intellectual and developmental disabilities, including Autism, and other social and behavioral needs. Inclusive drama and social skills classes, inclusive theatre companies, and cabaret. Class subjects may include comedy, music theatre, improv, public speaking, role-play, party dancing, and social skills.

Autism On The Seas

1-800-516-5247 (Toll Free)

Email: info@autismontheseas.com

www.autismontheseas.com

Develop cruise vacation services to accommodate adults and families living with children with special needs, including, but not limited to Autism, Asperger Syndrome, Down Syndrome, Tourette Syndrome, Cerebral Palsy and all Cognitive, Intellectual and Developmental Disabilities. Providing specialized respite and private activities/sessions that allow guests the use of the ships entertainment venues in an accommodated and assisted manner. Financial assistance is awarded in varying amounts to immediate family members only, parents / guardian's, qualifying children/adults and their siblings.

Bender Jewish Community Center of Greater Washington

6125 Montrose Road

Rockville, MD 20852

301-881-0100 (V)

Email: inclusion@benderjccgw.org

www.benderjccgw.org/camp-youth-teens/special-needs/

Adapted physical education classes where participants with special needs learn the basic skills of a variety of sports such as baseball, basketball, soccer, floor hockey, tennis and bowling. **Gudelsky Exceptional Swim:** A swim program for children, teens and adults with physical, orthopedic related disabilities. Professional staff members (a coordinator, physical therapist, three adaptive aquatics instructors) and volunteers work with participants. Individuals interested in participating must complete medical forms to apply. For more information or to apply, contact Emily Wolinsky at ebheldman@gmail.com.

Boy Scouts of America

9190 Rockville Pike
Bethesda, MD 20814
301-530-9360 (V)
Email: info@ncacbsa.org
www.ncacbsa.org

Cub Scouting is a year-round program designed to meet the needs of young boys ages 7 to 10 and their families. The program offers fun and challenging activities that promote character development and physical fitness. Boy Scouts is an outdoor program designed to develop character, citizenship, and fitness for boys ages 11 to 17. Scouts with disabilities and special needs participate in the same program as their peers.

Boys & Girls Clubs of Greater Washington

Germantown Branch

19910 Frederick Road
Germantown, MD 20876
301-353-9600 (V)
Email: operations@bgcgw.org
www.bgcgw.org/clubs/germantown

Serve the Germantown, Gaithersburg, and Clarksburg community, ages 5 to 18 (K – 12th grade). Provide sports, fitness, health and life skills, early intervention, educational, character-building, and recreational and supportive services to youth and families. The facilities include a Learning Center, Arts & Crafts Room, Technology Lab, Health & Life Skills Room, Games Room, Gymnasium, and Teen Center.

Catholic Charities - Community Companions

1010 Grandin Avenue
Rockville, MD 20851
301-251-2860 x 604 (V)
Email: pamela.bennett@cc-dc.org
www.catholiccharitiesdc.org/CommunityCompanions

Provide services to children and youth with developmental disabilities.

After School Program: From school dismissal to 6pm, students ages six to 21 engage in social, therapeutic and recreational activities such as arts and crafts, music, computers and outdoor games. Program vans take students on field trips, and a snack is provided. Accept Autism Waiver and Developmental Disabilities Administration funding, and private payment. Also offer respite and summer camps. **Respite Camps:** Respite Camps operate on days when Montgomery County schools are closed, including winter and spring breaks, from 8am to 6pm. Each camp session is customized to meet the needs of participants. Daily and weekly rates are available. Autism Waiver funding, Maryland Developmental Disabilities funding and private payment are accepted. **Summer Camps:** Following Montgomery County Public School ESY summer schedule, our summer camps include trips to museums and parks, outdoor games, musical shows and much more! Autism Waiver funding, Maryland Developmental Disabilities funding and private payment are accepted.

Chesapeake Region Accessible Boating (C.R.A.B.)

7040 Bembe Beach Road
Annapolis, MD 21043
410-266-5722 (V)
Email: info@crabsailing.org
<https://crabsailing.org>

Non-profit organization offering adaptive boating experiences to people with disabilities through sailing programs for children, families and the elderly. Offer Family Sail Sundays, group sails, sailing camps and clinics, and regattas. Reservations are recommended.

Circle of Hope Therapeutic Riding, Inc.

Pleasant View Farm
22500 West Harris Road
Barnesville, MD 20838
301-873-3383 (V)
Email: info@chtr.org
www.chtr.org

Provide equine assisted activities and therapies (EAAT) for individuals with physical, mental, emotional and developmental disabilities to enhance their quality of life. Equine-facilitated approach incorporates cognitive, behavioral, psychological, and physical goals to increase self-confidence, self-esteem, physical independence, and social awareness. Financial assistance available on a limited basis.

City of Gaithersburg - Parks, Recreation and Culture

506 S. Frederick Avenue
Gaithersburg, MD 20877
301-258-6350 (V)
Email: parksrec@gaitthersburgmd.gov
www.gaitthersburgmd.gov/recreation

Accessible pools. A variety of classes and programs are available for competitive play as well as the development of life-time skills. Senior and youth services.

Club1111 – The League of People with Disabilities

1111 East Cold Spring Lane
Baltimore, MD 21239
410-323-0500 ext 377 (V)
Email: cparis@leagueforpeople.org
www.leagueforpeople.org/club1111

Dance and social club for people with disabilities. Cost is \$10.00 per person. Guests must be at least 18 years old, independent or with a caregiver, who can attend for free. Alcohol free. Held the 2nd Saturday of every month.

Community Support Services

9075 Comprint Court
Gaithersburg, MD 20877
301-926-2300 (V)
Email: css@css-md.org
www.css-md.org/adult-recreational

Recreational and social activities designed to integrate our individuals into the community and to enhance their overall quality of life. Weekday evening program includes social and leisure activities, such as art, music, bowling and sports. Sunday program may include outings to Black Hills Regional Park, Six Flags Amusement Park and other day trips. TRD also plans

Community Support Services Continued

special annual activities, such as the Ocean City beach vacation; CSS Olympics (adults and children); Family Picnic; Fall Festival; and holiday banquets.

Disability Partnerships – Adaptive Health and Wellness Classes

www.disabilitypartnerships.org/programs/adaptive-wellness

Free innovative Adaptive Health and Wellness class for persons with physical disabilities. The class features a personal trainer with experience training persons with limited to no mobility. Participants will engage in low to moderate intensity workouts targeting muscular strength, flexibility, and range of motion. Sessions are held online via Zoom. Register via website.

Downtown Sailing Center

1425 Key Highway, Suite 110
Baltimore, MD 21230
410-727-0722 (V)

Email: info@downtownsailing.org

www.downtownsailing.org

Committed to making sailing accessible to the entire community. Specialty adapted boats allow persons with disabilities to sail with a coach or independently. Youth and adult sailing programs and memberships available. Access-Ability is a free volunteer-run program that allows individuals with disabilities to learn to sail. Program meets one or two Saturdays each month from April to August. Registration required. At the end of each season, these participants are invited to the DSC for a party and fun regatta, the Ya'Gotta Regatta.

So Kids Soar (Formerly Dreams for Kids DC)

301-742-7787 (V)

Email: glenda@dreamsforkids.org

www.sokidssoar.org

Provides free adaptive athletic, recreational, and skill-building activities that empower youth with physical and developmental disabilities to strive, own, achieve, and realize their potential. Adaptive clinics held once or twice a month for children with disabilities aged 4 to 24. Through these events, those with physical and developmental disabilities can come off the sidelines and unite with their peers. Clinics include waterskiing, dance, football, ice hockey, soccer, basketball, and baseball.

Equine Therapy Associates

301-972-7833 (V)

Email: info@equinetherapyassociates.com

www.equinetherapyassociates.com

Offers lessons for individuals aged three and up, and focuses primarily on learning disabilities, ADHD/ADD, sequencing and processing disorders, Autism, mild to moderate Cerebral Palsy, emotional disabilities, hearing impairments, mental retardation, Downs Syndrome, developmental delays, strokes, Fibromyalgia Syndrome, speech impairments, and visual impairments. Financial aid available. Free scholarships for wounded warriors.

Ex n' Flex

1-833-396-3539 (Toll Free)

Email: info@exnflex.com

<https://exnflex.com>

Motorized passive/active exercise therapy for people with disabilities. Potential benefits for para and quadriplegics include continuous range of motion, increased circulation/flexibility, and decreased spasm/edema. Provides daily range of motion for individuals who have little or no voluntary movement.

Eyre Bus, Tour & Travel

13600 Triadelphia Road
Glenelg, MD 21737

410-442-1330 (V)

Email: eyre@eyre.com

www.eyre.com

Wheelchair accessible motorcoaches and full service travel agency. Leisure travel includes cruises, caribbean, family vacations, hotels, rail travel, car rentals, worldwide tour packages, airline ticketing, and customized tours. One day and multi-day trips available.

Great Strides

Mezza Luna Farm

11451 Bethesda Church Road

Damascus, MD 20872

301-928-8118 (V)

Email: info@greatstrides.org

www.greatstrides.org

Offer equine-assisted psychotherapy (individual and group) with licensed mental health professionals. Through specially designed interactive experiences that promote emotional healing, they build confidence, improve social skills, and help clients make positive changes in their lives.

Guided Tour, Inc.

215-782-1370 (V)

Email: director@guidedtour.com

www.guidedtour.com

Supervised travel and vacation program for persons ages 17 and up with developmental and physical disabilities. Trips include Disney World, Hawaii, Dollywood, Atlantic City, Ireland and Las Vegas. Staff will oversee daily living skills, medications, money management and help the travelers have a safe vacation.

Haven Universe

301-343-7283 (V)

Email: lpoznanski@havenuniverse.org

www.havenuniverse.org

Non-profit Christian organization that hosts social events for individuals of all ages, disabilities, faith backgrounds, their families/caregivers, and friends. Events include monthly "Saturday Night Alive" gatherings in a local Montgomery County gym-type facility providing a variety of adaptive and engaging "sports" and games, simple arts and crafts, and an optional Bible lesson – then closing with pizza. All are welcome.

Imagination Stage - Access & Inclusion

Shanna Sorrells, Access Coordinator
4908 Auburn Avenue
Bethesda, MD 20814
301-280-1631 (Access Programs)
Email: access@imaginationstage.org
<https://imaginationstage.org/news-events/access-inclusion/>

Specifically designed for students with cognitive/developmental disabilities, these classes offer the same curriculum covered in our general education classes, with amended pacing and accommodations built into the class structure, allowing students to have a deep exploration of their art form. Students are provided a variety of entry points to the material with support such as higher student-teacher ratios.

Pegasus Ensemble: Two-year conservatory program for students with cognitive and/or developmental disabilities, providing the opportunity to further develop their theatre arts technique and life skills while working together as an ensemble.

InterPlay Orchestra

301-678-3880 (V)
Email: contact@interplayorchestra.org
www.interplayorchestra.org

Non-profit music organization of adult musicians with and without cognitive and other disabilities: amateur musicians and professional musicians, high school seniors and university musicians as “Bandaiders” (mentors), all performing together for the community in year-round concerts at the world-class Music Center at Strathmore. feature guest artists, composers and conductors playing all genres of music also performs choral music, features vocal soloists and a drumming curriculum led by a world-class drum master.

Kennedy Center for the Performing Arts

Office for Accessibility
202-416-8727 (V)
Email: access@kennedy-center.org
www.kennedy-center.org/accessibility
Information on accessible events, performances, and facilities. Provide assistive listening devices, sign language interpreters, captioning, audio description, and Braille and large print programs.

Kennedy Shriver Aquatic Center Montgomery County Recreation

5900 Executive Boulevard
North Bethesda, MD 20852
240-777-8070 (V)
www.montgomerycountymd.gov/rec/facilities/aquaticcenters/kennedyshriver.html

Offer instruction for all ages and swimming abilities. Pool is completely accessible with ramps, elevators, therapeutic ladders and lifts. Fee.

Kids Enjoy Exercise Now (KEEN) Greater DC

301-770-3200 (Toll Free)
Email: info@keengrdc.org
www.keengreaterdc.org

National, nonprofit volunteer-led organization that provides one-to-one recreational opportunities for children and young adults ages 5 to 25 with developmental and physical disabilities at no cost to their families and caregivers. Activities include swim, sports, music, dance, tennis, tae kwon do, bowling and more. Peer companion program for teens. Serve Montgomery County and Baltimore, Maryland, Washington, DC, and Northern Virginia.

Maryland 4-H & Youth Development University of Maryland Extension

18410 Muncaster Road
Derwood, MD 20855
Email: jshriver@umd.edu
www.extension.umd.edu/montgomery-county

Offers a “learning by doing” experience in art and music; science and technology; animals and agriculture; communications; healthy living; history and heritage; citizenship; and community action and volunteering. For students ages 5 to 18. A special 4-H Clover program is available to children from five through seven years old. Open to all interested Montgomery County youth.

Maryland Sport Fishing and Crabbing Licenses Maryland Department of Natural Resources

1-866-344-8889 (Toll Free)
Email: customerservice.dnr@maryland.gov
http://dnr.maryland.gov/Pages/service_fishing_license.aspx
Complimentary tidal and non-tidal fishing licenses are available to Maryland residents and non-residents who are blind or who are 100% service connected disabled veterans or former prisoners of war.

Maryland Ravens Wheelchair Basketball

1413 Glendale Road
Baltimore, MD 21239
410-825-5359 (V)
Email: mdravens@aol.com
www.marylandravens.org

A competitive recreational program for of Maryland’s adults and youths with physical disabilities. League basketball tournaments and adaptive recreation. Always seeking new basketball players who are interested in competing locally or nationally.

Maryland Youth Ballet

926 Ellsworth Drive
Silver Spring, MD 20910
301-608-2232 (V)
Email: info@marylandyouthballet.org
www.marylandyouthballet.org/music-motion

Therapeutic dance instruction to dancers with physical and developmental disabilities through its “Music and Motion” classes. An overhead track system allows each dancer to participate without the aid of a volunteer.

Mattie J.T. Stepanek Park

1800 Piccard Drive
Rockville, MD 20850

www.rockvillemd.gov/facilities/facility/details/mattiejstepanekpark-37

26.29-acre accessible park located at the corner of Gaither Road and Piccard Drive in Rockville, ½ mile from Shady Grove Road and Gaithersburg.

MedStar National Rehabilitation Hospital Adaptive Sports & Fitness Program

102 Irving Street, NW
Washington, DC 20010
202-877-1420 (V)

www.medstarhealth.org/services/adaptive-sports-fitness-program

Programs are open to anyone with a physical disability at no cost. Provide coaching, training, equipment and travel assistance in nine sports including basketball, boccia ball, cycling, quad rugby, rowing, sled hockey, and tennis. Provide circuit training, open gym and cardio fitness classes both at the hospital and the community. Also host a wheelchair basketball team, adaptive sports tournaments and special events throughout the year.

Melwood Recreation Center

9035 Ironsides Road
Nanjemoy, MD 20662
301-870-3226 (V)

Email: recreation@melwood.org

Access Adventures provides year round, community-based, small group, affordable vacations to persons with disabilities 18 years and older. Travelers are supported by dedicated staff that provide a safe and caring atmosphere.

<https://melwood.org/recreation-programs/access-adventures>

Equestrian Program is designed for riders of all ages and ability levels, including riders with special needs. Riders are provided with a mix of basic equitation and horsemanship skills.

<https://melwood.org/recreation-programs/equestrian/>

Camp Accomplish offers options for day and overnight camps, as well as several new specialty camp options. Activities and schedules are designed in a way to afford all campers extra time to spend doing what is most interesting and exciting to them. Coupled with a qualified and person-centered group of staff members.

<https://melwood.org/recreation-programs/camp/>

Miracle League Baseball

17950 Germantown Park Drive
Germantown, MD 20874

Email: mlmccb@gmail.com
www.miracleleaguemocomd.org

Located in South Germantown Recreational Park, the Miracle Field provides children with mental and/or physical challenges the opportunity to safely play baseball. The field incorporates a cushioned synthetic turf that allows children using wheelchairs and walkers to “run” the bases without fear of injury.

Montgomery County Department of Parks

2425 Reedie Drive, 12th Floor
Wheaton, MD 20902
301-495-2581 (V)

Email: programaccess@montgomeryparks.org
<https://montgomeryparks.org/about/parks/accessibility/>

Classes, programs and camps, event and nature centers, public gardens, historical sites, playgrounds, athletic fields, lakes, and park and trail directory. The Program Access Office coordinates, provides and manages modifications and accommodations for individuals with disabilities to successfully be included in county-wide parks and leisure programs.

Montgomery County Recreation Department

2425 Reedie Drive, Floor 10
Wheaton, MD 20902
240-777-6840 (Customer Service)

Email: recreation.customerservice@montgomerycountymd.gov
www.montgomerycountymd.gov/rec

Offers a range of activities: swimming, social clubs, sports, music, arts, dance, camps, etc. Seasonal brochures are available. Registration required for all activities. Call for information about costs. The customer service desk located at the above address is open Monday through Friday, 9am to 4pm.

Therapeutic Recreation

240-777-6870 (V)

Email: recreation.customerservice@montgomerycountymd.gov
www.montgomerycountymd.gov/rec/activitiesandprograms/therapeuticrec/

Programs are specifically designed for individuals with disabilities and available to suit all ages, interests, and skill levels. Activities include swimming classes, craft classes, trips, camps, children’s programs, special events, and varied offerings every season. Adult clubs are designed to enhance community participation, skill development, and decision-making skills. Activities include social outings to restaurants, theatres, sporting events, and more. offer specialized Summer Camps for youth and teens. Reasonable accommodations are based on each individual’s abilities and needs. Inclusion is the opportunity for participation in recreation programs alongside individuals without disabilities. Inclusion services, such as interpreters, large print, auxiliary aids and/or companions, support individuals with disabilities to participate in programs and facilities in an inclusive environment, but the structure of the activity, group size, participant to staff ratio, and age range remain the same. Companions provide support, to individuals with disabilities, on an as needed basis. The goal of the companion is to assist in the inclusion of the individual into the program/camp/class. The emphasis is not to set the individual apart by giving special or unusual attention, but to create an atmosphere of friendship and positivity. Highly recommend requests are sent 2 to 3 weeks in advance.

Montgomery Cheetahs Hockey Club

202-744-5780 (V)

Email: montgomerycheetahs@gmail.com

<https://montgomery-cheetahs.org>

Ice hockey for children and teens with developmental disabilities, ages 5 through 18. The Cheetahs skate on Saturday mornings at Cabin John Ice Rink and are led by a dedicated group of volunteer coaches who combine hockey and social skills.

NFB-Newsline® - National Federation of the Blind

1-866-504-7300 (Toll Free)

Email: nfbnewsline@nfb.org

www.nfb.org/programs-services/nfb-newsline

Free audio news service for anyone who is blind, low-vision, or otherwise print-disabled that offers access to more than 500 publications, emergency weather alerts, job listings, and more. subscribers have access to: national newspapers, including the Wall Street Journal and USA Today; breaking news sources, including CNN, BBC, and ESPN Online; international newspapers, including Financial Times and Vancouver Sun; magazines, including Family Circle, Time, Consumer Reports, Guideposts, and Smithsonian; State newspapers; emergency weather alerts and seven-day forecasts localized to your zip code or GPS location; information that scrolls along the bottom of your television screen during emergency alerts; more than 100,000 job listings from two national job sources; TV listings localized to your zip code and provider; retail ads; and NFB's national channel, including the ebook Building the Lives We Want, the Braille Monitor, Future Reflections, and presidential releases. Access NFB-Newsline via phone, Amazon Alexa, iOS Mobile App, website, e-mail, and portable players including digital talking book players and the Victor Reader Stream 2nd generation.

Potomac Community Resources, Inc. (PCR)

9200 Kentsdale Drive

Potomac, MD 20854

301-365-0561 (V)

www.pcr-inc.org

Non-profit organization serving teens and adults with developmental disabilities and their caregivers. Provides social, recreational, therapeutic and educational programs, as well as ongoing groups for parents and other caregivers. Programs include respite care, speech/communication skills, music enjoyment, chorus, exercise and movement, wheelchair dancing, yoga, art, photography, a monthly social club, and special events including dances and barbecues. Registration required.

Quadriciser

1-865-689-5003 (Toll Free)

Email: sales@quadriciser.com

www.quadriciser.com

Robotic rehabilitation therapy system. Moves all four extremities through a smooth and functional range of motion, allowing multiple joints to be worked on all at the same time.

Readability Corp

11200 Willowbrook Drive

Potomac, MD 20854

202-355-8855 (V)

Email: admin@readabilityus.org

www.readabilityus.org

Non-profit run by Montgomery County Public Schools students who design and create multi-sensory books and offering storytelling sessions for intellectually disabled and neurodivergent preschool and elementary age children with the DC Metro area, at no cost to groups, libraries, events and individual children and their families. Events are posted on website calendar. Email or call with inquiries about booking a fun and engaging multi-sensory storytelling session for your group or individual children.

Sitar Arts Center

1700 Kalorama Road, NW, Suite 101

Washington, DC 20009

202-797-2145 (V)

Email: communications@sitarartscenter.org

www.sitarartscenter.org

Foster development of musical and artistic skills. Offer classes in music, dance, writing, visual arts, drama and multimedia.

Special Olympics Montgomery County

1-888-924-6965 (Toll Free)

Email: info@somdmontgomery.org

www.somdmontgomery.org

Provides a year-round training and competitive sports program for Montgomery County children and adults with intellectual disabilities and/or closely related developmental disabilities. The county provides training and competitions in 23 sports and leadership programs. Eligible athletes are all children and adults, at least eight years old, with intellectual disabilities, a cognitive delay, or a closely related developmental disability. Eligible athletes have functional limitations in both general learning and in adaptive skills. Children under the age of 8 years old may participate in YAP (Young Athletes Programs) designed specifically to meet the needs of pre-school age and early elementary age children with intellectual disabilities and focuses on an introduction to sports rather than on training and competition in specific sports.

S.P.I.R.I.T. Club

10417 Kensington Parkway

Kensington, MD 20895

301-933-3722 (V)

Email: join@spirit-club.com

www.spirit-club.com

Offer a universal design for fitness that empowers people of all abilities to exercise successfully in a socially integrated setting. Provides supportive and accommodating fitness programs that aim to increase the health and wellness of people of all abilities, including people with physical, developmental and psychological differences. provides scholarships to people with disabilities of low-income seeking participation in S.P.I.R.I.T. Club programs and other health and fitness opportunities in the community.

Sports Plus

301-452-3781 (V)

Email: info@playsportsplus.org

www.playsportsplus.org

Non-profit organization that offers year-round, uniquely structured, co-ed sports and swimming programs for verbal children able to follow multi-step directions between the ages of 5 and 17 with mild to moderate autistic spectrum disorders, ADD/ADHD and other developmental disabilities. Mainstream sports programs and adaptive sports programs. Indoor and outdoor programs.

TheraFit Rehab®

Westminster Gym

511 Jermor Lane, Suite 102

Westminster, MD 21157

410-871-2494 (V)

Email: westminster@therafitrehab.com

Towson Gym

1220A E Joppa Road, Suite 109

Towson, MD 21286

410-415-1992 (V)

Email: towson@therafitrehab.com

www.therafitrehab.com

Non-profit fitness center and physical therapy for persons with disabilities. Provides assisted access to a motorized, full body P/A therapy system called the Quadriciser that has been specially adapted for individuals with physical limitations. Activity-based rehabilitation and fitness programs for children, adults and seniors with disabilities. Now offering a pediatric neuro program. Fully accessible and adaptive equipment. One-on-one fitness trainers. Accept Medicare, Medicaid, and most other private insurance carriers.

Therapeutic & Recreational Riding Center

3750 Shady Lane

Glenwood, MD 21738

410-489-5100 (V)

Email: cindy.smithtrrc@gmail.com

www.trrcmd.org

Provide both physical and occupational therapy on horseback, treating a range of physical, cognitive, and emotional disabilities including cerebral palsy, spina bifida, muscular dystrophy, post-traumatic brain injury, autism, ADHD, and cognitive disorders. It also provides recreational riding opportunities for clients, with and without disabilities.

United States Association of Blind Athletes

719-866-3224 (V)

Email: bkellick@usaba.org

www.usaba.org

Provide life-enriching sports opportunities for individual who are blind or have a visual impairment. Provide athlete and coach identification and support, program and event management, and national and international representation. Sports camps include cycling, goalball, judo, powerlifting, skiing, swimming, tenpin bowling, wrestling, 5-A-Side football, gymnastics, showdown, sailing, rowing, equestrian, biathlon and archery.

Upcounty Community Resources

Jenn Lynn, Executive Director

240-614-0444 (V)

Email: jennlynn@ucresources.org

www.ucresources.org

Private, non-profit that offers innovative programs, events, and social opportunities for members of the community with developmental and intellectual differences. Weekend enrichment / respite program features vocational training held one Sunday per month. Respite Hours and DDA funding accepted for this program. Therapeutic programs incorporate drawing, painting, collage, sculpture and crafts, and singing, playing, moving and creating music. Community inclusion programs include a walking workout club, rock band jam nights, and a social skills night out for young adult males with Autism. Social activities include community outings, sporting events, dances, bingo night, and more.

VisArts

155 Gibbs Street, Suite 300

Rockville, MD 20850

301-315-8200 (V)

Email: info@visartscenter.org

www.visartscenter.org

Provide visual art education and experiences for children starting at age 5. Goals are to promote creativity and to have fun. Students should be able to work with minimal assistance, or be accompanied by an adult who can provide help. Financial assistance available to artists with disabilities and students.

VSA Arts

John F. Kennedy Center for the Performing Arts

2700 F Street, NW

Washington, DC 20566

Email: vsainfo@kennedy-center.org

www.kennedy-center.org/education/vsa/

International, non-profit organization where all people with disabilities learn through, participate in and enjoy the arts. From pre-K through 12th grade and beyond.

WeAchieve (formerly CHI Center)

10501 New Hampshire Avenue

Silver Spring, MD 20903

301-445-3350 (V)

Email: info@chicenters.org

<https://weachieveinc.org>

Recreation opportunities through their Meaningful Day Supports program. supports individuals with intellectual and other developmental disabilities.

YMCA of Metropolitan Washington

9401 Old Georgetown Road

Bethesda, MD 20814

www.ymcadc.org/locations/ymca-bethesda-chevy-chase/aquatics/

Adaptive swim program for children and adults with developmental or physical disabilities.