

GENERAL RECREATION

Baltimore County Department of Recreation & Parks Office of Therapeutic Recreation

410-887-5370

<https://www.baltimorecountymd.gov/Agencies/recreation/programdivision/therapeutic/programstherapeutic.html>

Provides a wide variety of recreation opportunities and services for individuals with disabilities countywide. Offering programs designed specifically for individuals with disabilities, as well as inclusion into general recreation programs, the office provides reasonable accommodations for full participation in all programs. The Leisure Resources newsletter lists program opportunities for individuals with disabilities.

Baltimore County Public Schools

Allied Sports

443-809-2328

https://dci.bcps.org/department/curriculum_operations/athletics/allied_sports

Allied Sports is a totally inclusive after school program that affords high school students with disabilities an equal opportunity to participate in their interscholastic sports alongside their non-disabled peers.

The Disability Express Group

www.thedisabilityexpressgroup.org

Social and recreational activities for teens with disabilities.

Children's Developmental Class

443-840-1387

**CCBC Essex Campus, 7201 Rossville Blvd.
Baltimore, MD 21237**

www.ccbcmd.edu/cdc

A one-on-one program that helps children manage their unique challenges using the Floor Time approach. Ongoing parent class provides education on current topics regarding developmental delays in children. Class is held at CCBC Essex campus on Saturday mornings.

Augmenting Ability

443-619-7103

www.augmentingability.com

Office locations in: Bel Air, Lutherville, Pikesville and Westminster.

Offers adapted music lessons. Music is a motivating source for many individuals. People of all ages across the world enjoy music! Goals which focus on social, emotional, physical, behavioral, cognitive, and quality of life needs can be met through music experiences. Through an assessment, the board certified-music therapist can identify areas of need and areas of strength to create a treatment plan for client success. Depending upon needs, group or individual treatment can be

Baltimore Adapted Recreation & Sports (BARS)

478-227-7386

www.barsinfo.org

This organization provides recreational opportunities for individuals with disabilities, family and friends

Athletes Serving Athletes**443-272-1204**www.athletesservingathletes.org

A non-profit organization that brings people together to experience the joy, excitement and thrill of competition. ASA offers innovative athletic training, supportive mentor relationships and high-quality endurance events for athletes living with disabilities

Azure Family Concerts**Baltimore Hebrew Congregation****7401 Park Heights Avenue****Baltimore, MD 21208**www.azurebaltimore.orgwww.azurebaltimore.org

Variety of concerts for families living with Autism and similar challenges. ALL BEHAVIORS ARE WELCOME. Tickets are FREE and are available one month before each concert. Schedule can be found on the website.

Best Buddies Maryland**410-327-9812****101 North Haven Street, Suite 205****Baltimore, MD 21224**www.bestbuddies.org/maryland

Creates opportunities for one-to-one friendships, integrated employment and leadership development for people with intellectual and developmental disabilities.

Capernaum Baltimore**443-841-4504**capernaumbaltimore.younglife.org

A program where staff and trained volunteer leaders help adolescents with disabilities discover and enjoy acceptance, adventure and fun in the mutual friendships they develop and at weekly club meetings, special events and camping trips.

Club 1111**410-323-0500****1111 E Cold Spring Lane****Baltimore, MD 21239**www.leagueforpeople.org/club1111

Maryland's first and only adult night club for people with disabilities that includes DJs, dancing, spa, games and much more! Second Saturday of every month, 6:00-10:00 PM. 18+

The League for People with Disabilities**410-323-0500****1111 E Cold Spring Lane****Baltimore, MD 21239**www.leagueforpeople.org

The League's year-round Camping & Therapeutic Recreation program provides joyful, life-changing experiences in a safe environment and builds meaningful relationships in the lives of youth and adults. Camping & Therapeutic Recreation is proud to offer summer camp programs, year-round camping, assisted travel and community recreation.

KEEN JHU Sports Program**(Kids Enjoy Exercise Now)****443-687-9617**keengrdc.balt1@gmail.comwww.keengreaterdc.org

For children aged 5 – 12 with disabilities, no matter how great, to enjoy recreational fun with friends and volunteers, and without parents or teachers. Each "athlete" has his or her own volunteer "coach" at all activities which include soccer, tennis, track & field, basketball, aerobics and various other adaptive activities. Meets at Dundalk High School.

**Jewish Community Center of
Greater Baltimore**
410-559-3506

3506 Gwynnbrook Avenue
Owings Mills, MD 21117

www.jcc.org

Provides appropriate social and recreational programs for children, teens and adults with disabilities. Our programs give participants the opportunity to interact with their peers, enhance self-esteem and improve social skills.

**Special Olympics Maryland
Baltimore County**
443-386-7583

www.somd.org

Offers a safe, accepting environment where individuals eight years and older with intellectual disabilities can succeed in sports.

**Kennedy Krieger Institute
Physically Challenged Sports Program**
443-923-7844

Greenspring Campus
3825 Greenspring Avenue
Baltimore, MD 21211

<https://www.kennedykrieger.org/community/initiatives/physically-challenged-sports>

Provides therapeutic sports and recreational programs for children with varying degrees of physical abilities. Open to individuals aged 2-21 who experience physical challenges and exhibit cognitive skills at or near appropriate developmental levels.

CHEERLEADING

Regal All-Stars, LLC
410-935-0359

www.regalallstars.com

A program of competitive cheerleading and dance teams including the Baltimore County Special Olympics Cheerleading Squads, The CATZ (part time) and Recon (full year).

EXPRESSIVE ARTS

Karina Café
800-554-7549

1911 Jenifer Rd., Timonium, MD 21093

<https://www.karina-association.org/>

Expressive Arts Therapy program for individuals with intellectual and physical disabilities. Children ages 5 and up can engage in art, music and dance therapy.

FENCING

Maryland Fencing Club
410-929-3889

3011 Emmorton Road
Abingdon, MD 21009

www.marylandfencing.com

Provides an organized approach to teaching fencing with age appropriate goals and methods that emphasize fun, participation, sportsmanship and safety.

FISHING

Wish a Fish Maryland
410-913-9043 (Skip Zinck)
410-557-7572 (Ed Mezewski)
www.wish-a-fish.org

The Wish-A-Fish Foundation hosts fishing events for children with special needs and their families.

GYMNASTICS

Rebounders (Timonium): "I Can Do It Too"
410-252-3374
7 W Aylesbury Road, Suite A
Timonium, MD 21093-4132
www.rebounders.com

Special Needs Program is a sensory/motor/gymnastics program for children all ages with any minimal to severe physical, mental, emotional, and social language, and/or sensory challenges.

ICE HOCKEY

Baltimore Area Special Hockey, Inc.
Home of the Baltimore Saints
410-370-1818
Reisterstown Sportsplex
401 Mitchell Drive
Reisterstown, MD 21136
www.baltimoresaintshockey.org
Baltimore Area Special Hockey, Inc. offers an ice hockey program for both children and adults with a traumatic brain injury or intellectual disabilities such as Autism and Down Syndrome.

MARTIAL ARTS

Baltimore Elite Martial Arts Academy
410-663-9123
7850 Rossville Blvd., Suite 200
Baltimore, MD 21236
www.bemaa.com

US Martial Arts Academy, Ltd
410-561-9882
9 West Aylesbury Road, Suite A
Timonium, Maryland 21093
www.usmaltd.com

ROCK CLIMBING

Earth Treks Climbing Center
1-800-CLIMB-UP (1-800-254-6287)
410-560-5665
1930 Greenspring Drive
Timonium, MD 21093
www.EarthTreksClimbing.com
Offers climbing lessons and numerous youth and family program options, ages 5-adult.

ClimbZone of White Marsh
1412 Tangier Drive, Suite B
Middle River, MD 21220
410-406-9891
<https://climbzone.us/white-marsh/>
Our mission is to create a family-friendly atmosphere where parents and children can enjoy indoor rock climbing together which challenges and excites the senses, Painted and crafted by hand, our walls provide a vivid and visually stimulating experience.

SAILING

Downtown Sailing Center

410-727-0722

1425 Key Highway, Suite 110
Baltimore, MD 21230

www.downtownsailing.org

The program is designed to provide inclusive sailing opportunities for those with disabilities and to promote life skills such as self-reliance, self-confidence, teamwork, patience and respect for others.

SCOUTS

Boy Scouts of America

Baltimore Area Council

443-573-2500

www.baltimorebsa.org

Will work with parents to include boys age six years and older with special needs into community units or will assist parents in locating Special Needs Units throughout Maryland appropriate for their son.

Girls Scouts of Central Maryland

410-358-9711

www.gscm.org

Will work with parents to include girls age five years and older with special needs into community units or will assist parents in locating Special Needs Units throughout Maryland appropriate for their daughter.

SNOW SPORTS

Blue Ridge Adaptive Snow Sports, Inc.

717-642-8282 ext. 3479

www.brasski.org

Their mission is to enhance the lives of people with disabilities through adaptive snow sports and recreational activities. Adaptive snow sports allow people with disabilities to enjoy the outdoors and freedom of movement.

SOCCER

US Youth Soccer-TOPSoccer

<https://www.usyouthsoccer.org/programs/topsoccer/>

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 with ages 4-19, with a disability.

SWIMMING

Kids First Swim Schools

Various locations throughout Maryland.

<https://kidsfirstswimschools.com/>

A year round, warm water swimming facility dedicated to teaching children (and adults) to swim in a safe, warm and loving environment.

Meadowbrook Aquatic & Fitness Center
410-433-8300
5700 Cottonworth Avenue
Baltimore, MD 21209
www.mbrook.com

Michael Phelps Swimming at Merritt Athletic Club
410-963-1368
8757 Mylander Lane, Towson, MD 21286
<https://merrittclubs.com/programs/aquatics/>

Call for the autism-specific program.
Teaches water safety and swimming skills in a comfortable environment

THERAPEUTIC RIDING

Chesapeake Therapeutic Riding
443-528-7793
<http://ctrchanginglives.org/>
Year-round therapeutic riding facility located in Harford County.

The Therapeutic & Recreational Riding Center, Inc.
410-489-5100
3750 Shady Lane, Glenwood, MD 21738
www.trrcmd.org
Provides both physical and occupational therapy on horseback, treating a wide range of disabilities.

Therapeutic Horseback Riding Program
410-418-4300
A cooperative effort between the Office of Therapeutic Recreation Services and the Maryland Council for Special Equestrians (MCSE), offers Equine Facilitated Therapy to individuals with disabilities. Operates year-round in the Catonsville area.

Therapeutic Riding at Normandy Farms, Inc.
410-836-9441
3153 Ady Road, Street, MD 21154
www.normandyfarm.org

A program where children and adults with a variety of challenges participate to enjoy a horseback riding experience in a safe and enjoyable atmosphere.

YOGA

Baltimore Yoga Village
410-377-4800
6080 Falls Road, Baltimore, MD 21209
www.baltimoreyogavillage.com
Offers yoga classes for all body shapes, ages and life conditions.