



# *I Think I Can!*

## **A Guide to Recreation for Children and Youth with Special Needs**

 **The Children's Hospital of Philadelphia**

*A pediatric healthcare network*

# I Think I Can: A Guide to Recreation for Children and Youth with Special Needs



I. Forward.....	2
II. Table of Contents by Sport/Recreation/Activity Type	
Athletics.....	3-5
Equestrian/Horseback Riding.....	6-7
General and Multi-Recreational Sites.....	8-12
Karate and Martial Arts.....	13
Museums, Concerts, Stadiums and Sporting Events.....	14-15
Performing and Visual Arts.....	16-18
Recreational/Social Clubs and Events.....	19-24
State Parks: Outdoor Adventures.....	24-26
Summer Camps.....	27-35
Swimming and Aquatic Activities.....	35-37
Trips and Vacations.....	37-38
III. Brain Injury Prevention Information.....	39-42
IV. Index	
Activity Type.....	43-47
Alphabetical Order.....	48-50

Supported in part by the Leadership Education in Neurodevelopmental Disabilities Program grant from the Maternal and Child Health Bureau, Health Resources and Services Administration, Department of Health and Human Services, 6T73 MC00051-03.  
*Dear Children, Families, and Professionals,*

*Youth of **all** abilities need recreation in their lives. With proper adaptation and safety measures, we believe that YOU CAN DO IT! In the words of Jim Abbott, professional baseball player with a physical challenge:*

*“There are millions of people out there ignoring disabilities and accomplishing incredible feats. I learned you can learn to do things differently, but do them just as well. I've learned that it's not the disability that defines you, it's how you deal with the challenges the disability presents you with. And I've learned that we have an obligation to the abilities we DO have, not the disability.”*

*- [www.jimabbott.info](http://www.jimabbott.info)*

*Although all recreation programs should comply with the American Disabilities Act and the standards it sets for accessibility, the process is still ongoing for many. The following recreation resource directory is a collection of the various recreation, game, sports, cultural, and other FUN activities in the Delaware Valley that are specifically equipped to handle the needs of children both with and without special needs. Our philosophy is to encourage a life of mobility, exercise and enjoyment for all people. We hope that this directory will connect you, your child, or your organization to important recreational opportunities designed to meet a variety of unique needs.*

*We do encourage you to participate in activities in a way that is at once satisfying and safe. Please take a moment to review the safety and injury prevention information included in the appendix of this directory.*

*Be Safe and Have fun!*

*Daniele Blaney, LEND Fellow, Community Education Department  
University of Pennsylvania School of Social Work, 2005 MSW Candidate*

*Child Life Department  
Occupational Therapy Department*

Disclaimer: The editors of The Children's Hospital of Philadelphia, I Think I Can: A Guide to Recreation for Children and Youth with Special Needs has listed resources known. The information is believed to be accurate as of Fall 2004, but subject to change at any time. This guide does not represent a complete listing of all services available. The Children's Hospital of Philadelphia does not promote or recommend any service listed, but rather offers options for consideration. Therefore, no endorsement of resources listed is intended, nor criticism implied of resources not included. Please send additional resources or changes in the information listed to [trachtenberg@email.chop.edu](mailto:trachtenberg@email.chop.edu). We apologize for any errors or omissions.

# Athletics

## Camelback Adapted Ski Program

4 Boathouse Row  
Kelly Drive  
Philadelphia, PA 19130  
215-765-5118  
Website: [www.centeronline.com](http://www.centeronline.com)  
Email: [pacenter@aol.com](mailto:pacenter@aol.com)

Skiing program for children and young adults with developmental and physical disabilities. The group skis at Camelback Ski Area. A sliding scale fee schedule is available. Skiers need to provide their own transportation. This program is open to people ages 4 and over with disabilities.

## Carousel House

Belmont Ave. & N. Concourse Drive  
Philadelphia, PA 19123-2606  
215-685-0160  
Website: <http://members.aol.com/carouselpa>

Programs are offered in wheelchair basketball, quad rugby, wheelchair tennis, rowing, martial arts, track and field, wheelchair racing and Special Olympics sports. An exercise room is also available for those ages 16 and over. All universal type equipment is wheelchair accessible. Other equipment includes free weights, rowing machine, exercise bike and treadmill. A physician's approval is needed for use of the exercise room. There is a yearly membership for the exercise room.

## Freedom's Wings International

1832 Lake Ave.  
Scotch Plains, NJ 07076  
800-382-1197  
Website: [www.freedomswings.org](http://www.freedomswings.org)

Flight training, rides for people with disabilities, and scholarships for those with limited means.

## National Sports Center for the Disabled

P.O. Box 1290  
Winter Park, CO 80482  
970-726-1540  
215-881-8726  
Website: [www.nscd.org/](http://www.nscd.org/)

This is a general resource for athletes with disabilities.

## PA Blind Athletes Association

465 Maplewood Ave  
Springfield, PA 19064-2901  
800-596-5146 (access code - 33)  
Website: [www.pablindsports.org](http://www.pablindsports.org)

Sponsors and organizes a variety of sports opportunities and events for athletes who are blind across Pennsylvania.

# Athletics

## **PA Center for Adapted Sports**

4 Boathouse Row  
Philadelphia, PA 19130  
215-765-5118  
Email: [Pacenter@aol.com](mailto:Pacenter@aol.com)  
Website: [www.centeronline.com](http://www.centeronline.com)

This center provides outdoor sports and recreation programs for people with disabilities, including: soaring, in-line skating, tandem cycling, hand cycling, scuba diving, rowing, running and walking. There is a minimum age of 12 for rowing.

## **PGM Gold Clinics, Inc.**

7500 Germantown Ave.  
New Covington Church Campus, Baird Building  
Philadelphia, PA 19119  
215-247-3821

This is an indoor golf-learning center.

## **Philadelphia Rowing Program for People with Disabilities**

Boathouse Row  
4 Kelly Drive  
Philadelphia, PA 19130  
215-765-5118  
Website: [www.prpd.net](http://www.prpd.net)

This rowing program for people with physical disabilities is open to adolescents. There is an annual membership fee and a fee waiver program for those who need financial assistance.

## **Sled Hockey America**

59 Lincoln Ave  
Clementon, NJ 08021  
856-784-7738  
Email: [sledhockey@verizon.net](mailto:sledhockey@verizon.net)  
Website: [www.sledhockeyamerica.com](http://www.sledhockeyamerica.com)

A Sled Hockey organization with local branches in Voorhees NJ, Vineland NJ and Northeast Philadelphia offers a unique athletic experience to children with special needs. Please see their website for local team information, team-specific websites, schedules and contact information.

## **Special Olympics Philadelphia**

2900 Southhampton Rd.  
Philadelphia, PA 19154  
215-671-5069  
Website: [www.specialolympicsphiladelphia.org](http://www.specialolympicsphiladelphia.org)

Special Olympics Philadelphia provides year-round sports training and athletic competition for children and adults with mental retardation living in Philadelphia County.

# Athletics

## Three Rivers Adapted Sports

P.O. Box 38235

Pittsburgh, PA 15238

412-808-3339

Website: [www.traspa.org](http://www.traspa.org)

Activities include skiing, bowling, and cycling. Membership application and fee required.

## United Cerebral Palsy Association

Community Recreation Services

102 E. Mermaid Lane

Philadelphia, PA 19141

215-242-4200

Email: [recreation@ucpphila.org](mailto:recreation@ucpphila.org)

Website: [www.ucpphila.org](http://www.ucpphila.org)

Community Recreation Services is for individuals who are physically or developmentally disabled to take advantage of a variety of leisure time and sports opportunities. Social groups enjoy a variety of athletic opportunities, including outings, special events, classes and other activities throughout the Philadelphia area. The nature of these activities ranges from movies, dinners, dances and board games to exercising, swimming, camping, skiing, cooking, crafts, art and music appreciation.

## US Paralympic Committee

One Olympic Plaza

Colorado Springs

Colorado Springs, CO 80909

719-866-2030

Email: [charlie.huebner@usoc.org](mailto:charlie.huebner@usoc.org)

Website: [www.usparalympics.org](http://www.usparalympics.org)

A Division of the U.S. Olympic committee, committed to promoting and supporting athletes with physical disabilities.

## Wheelchair Sports, USA

3595 East Fountain Boulevard, Suite L-1

Colorado Springs, CO 80910

719-574-1150

Website: [www.wsusa.org](http://www.wsusa.org)

Wheelchair Sports, USA organizes and conducts competitions in 13 different sports: athletics (track and field, road racing), archery, shooting, basketball, swimming, weightlifting, quad rugby, fencing, racquetball, sled hockey, water skiing, hand-cycling, and table tennis. It also provides information about local and regional activities and a brief bibliography of wheelchair sports articles.

## Whitetail Ski Resort

13805 Blairs Valley Rd

Mercersburg, PA 17236

717-328-9400

Website: [www.aminews.com](http://www.aminews.com)

Adapted ski lessons, mono and bi-skis and other adaptive equipment on site.

# Equestrian/Horseback Riding

## Golden Pony

1441 Manorwood Dr.  
West Chester, PA 19382  
215-266-0769

Website: [www.goldenponyranch.com/](http://www.goldenponyranch.com/)

Golden Pony is a hippo therapy program supervised by a trained physician. The program includes a four-part process to gaining mastery over the horseback riding experience in conjunction with the unique needs of each individual. People of all ages, and of all disabilities, are encouraged to learn more about the program.

## National Foundation for Happy Horsemanship for Handicapped

P.O. Box 462  
Malvern, PA 19355

Provides referrals to local riding programs for people of all ages and with all types of disabilities by mail.

## North American Riding for the Handicapped Association

P.O. Box 33150  
Denver, CO 80233  
800-369-RIDE

Website: [www.narha.org](http://www.narha.org)

North American Riding for the Handicapped Association (NARHA) is a non-profit organization that promotes and supports horse-facilitated activities for individuals with disabilities. Contact NARHA for a list of therapeutic horseback riding programs in needed area.

## Pegasus Riding Academy, Inc.

8297 Bustleton Avenue  
Philadelphia, PA 19152  
215-742-1500

Website: [www.pegasusridingacademy.com](http://www.pegasusridingacademy.com)

Pegasus Riding Academy, Inc. offers a therapeutic horseback-riding program for people with disabilities.

## Quest Therapeutics

461 Cann Road  
Westchester, PA 19382  
610-692-0350

Website: [www.questhippotherapy.com](http://www.questhippotherapy.com)

Specializes in pediatric hippo therapy, using the horse as a tool in a treatment plan by licensed therapist. Ages 2-21. In some cases, medical insurance will cover the cost of the sessions.

# Equestrian/Horseback Riding

## **Sebastian Riding Association**

3589 Water Street  
Collegeville, PA 19426  
610-489-3741

Website: [www.sebastianriding.org](http://www.sebastianriding.org)

Sebastian's therapeutic program includes children and adults with a wide range of physical, mental and emotional disabilities. The focus of our program is a safe, fun and healthy approach to growth and rehabilitation through equine activities and riding. Offers evaluations, private sessions, semi-private sessions, and physical therapy sessions. Please call for cost and program information.

## **Special Equestrian Therapeutic Riding and Driving Program**

2800 Street Road  
Warrington, PA 18976  
215-918-1001  
Email: [specialeques@enter.net](mailto:specialeques@enter.net)

Website: [www.geocities.com/specialequestrians/SE.html](http://www.geocities.com/specialequestrians/SE.html)

Special Equestrian is a therapeutic riding program.

## **Special People United to Ride (SPUR)**

805 Newman Springs Road  
Lincroft, NJ 07738  
732-224-1367

Website: [www.monmouthcountyparks.com](http://www.monmouthcountyparks.com)

This is a private, nonprofit organization that offers therapeutic horseback riding programs for individuals with physical and mental disabilities. Lessons are offered from April through October at the Huber Woods Riding Center. Qualified, trained instructors provide the opportunity for riders to practice equestrian and social skills through games, exercises, competitions, and trail rides. An application process is required. Minimal scholarships available, based on financial need. Ages 4 and up.

## **Thorncroft Equestrian Center**

190 Line Road  
Malvern, PA 19355  
610-644-1963

Email: [sallie@thorncroft.org](mailto:sallie@thorncroft.org)

Website: [www.thorncroft.org](http://www.thorncroft.org)

Thorncroft Equestrian Center offers a therapeutic horseback-riding program for people who have disabilities. Lessons are given individually and in groups. In addition to providing recreation, therapeutic horseback riding improves posture and strength. Attention is paid to all aspects of development while riding. Lessons generally start at age 7, but case-by-case exceptions may be made.

## General and Multi-Recreational Sites

### **Association for Developmental Disabilities**

**261 Old York Road, Suite A 50  
Jenkintown, PA 19046  
215-886-9990**

Association for Developmental Disabilities is a social, recreational and educational group for people with developmental disabilities. It gives men and women the opportunity to learn independent skills while meeting and having fun with people their own age. This program starts at age 20.

### **Boy Scouts of America**

**Cradle of Liberty Council  
22nd & Winter Streets  
Philadelphia, PA 19103  
215-988-9811  
Website: [www.colbsa.org](http://www.colbsa.org)**

Boy Scouts of America offers families and youth, including youth who have disabilities, a program designed to build self-esteem, self-reliance and self-respect. Activities include community service, socialization, recreation, and education. Delaware/Montgomery County 610-688-6900.

### **Camden County Parks and Recreation Department**

**1301 Park Boulevard  
Cherry Hill, NJ 08002-3752  
856-216-2121  
Website: [www.camdencounty.com/government/offices/parks/index.html](http://www.camdencounty.com/government/offices/parks/index.html)**

On-going programs are offered for children with developmental disabilities. Call for more details.

### **Carousel House**

**Belmont Avenue and North Concourse Drive  
Philadelphia, PA 19131  
215-685-0160  
Email: [carouselpa@aol.com](mailto:carouselpa@aol.com)  
Website: [members.aol.com/carouselpa](http://members.aol.com/carouselpa)**

This recreation facility has a gym, pool, and weight room and hosts many recreational programs for people with disabilities. It also has a day camp for children ages 5-21 that runs for two three-week sessions. Parents can also register their children at the Houseman Day Camp for an additional 3-week encampment. There is a fee for summer camp.

## General and Multi-Recreational Sites

### Dream Village

Sunshine Foundation

P.O. Box 255

5400 C.R. 547 N.

Loughman, FL 33858

800-457-1976

Website: [www.sunshinefoundation.org/dream\\_village.htm](http://www.sunshinefoundation.org/dream_village.htm)

This program hosts children who are seriously ill, physically challenged, or abused and their families while they are visiting Disney World. The Sunshine Foundation provides the air travel, accommodations for a five day/four night stay, expense money and admission to Central Florida theme parks. The family must be financially needy and have not received a wish from any other foundation. A professional must refer families.

### Eagle Springs Country Vacation Weekends

RD # 2 Box 427

Pine Grove, PA 17963

570-345-8705

Eagle Springs provides activity weekends for people 18-80 years of age with special needs. Activities include sports such as hiking, fishing, horseback riding and outings to local points of interest. It is located 100 miles northwest of Philadelphia in the Blue Mountains. Transportation is provided from central Philadelphia locations. In operation from September through May.

### Gam Yahad

Jewish Family and Children's Services

10125 Verree Road

Philadelphia, PA 19116

215-673-0100

Website: [www.jfcsphil.org](http://www.jfcsphil.org)

Gam Yahad is a free program that brings young adults and adults who have developmental disabilities and their families together with rabbis, professional staff and volunteers at area synagogues for educational and social activities. Participants celebrate a Jewish holiday or educational theme through song, dance, art project or video. Simultaneously, parents and siblings are invited to discussions and workshops on topics of interest. Approximately six events are scheduled per year and programs run for about two hours.

### Girl Scouts of Southeastern Pennsylvania

330 Manor Road

Maquan, PA 19103

215-564-4657

Website: [www.gssp.org](http://www.gssp.org)

Girl Scouts of Southeastern Pennsylvania is a service organization for girls ages 6-18, that accommodates girls with disabilities within their local troops. Call this office for Girl Scout troops in your neighborhood.

# General and Multi-Recreational Sites

## **Githens Center**

**Burlington County Cerebral Palsy Association**  
40 Cedar Street  
Mt. Holly, NJ 08060  
609-261-1667  
Website: [www.githenscenter.org](http://www.githenscenter.org)

This center has a school program for children 3-13 years of age. It provides after school care, respite care, recreational programs, therapies, and other services for children and adults with disabilities.

## **Gloucester County Parks and Recreation**

**Department Therapeutic Recreation**  
6 Blackwood Barnsboro Road  
Sewell, NJ 08080-4204  
856-468-1445 Ext. 2300  
Website: [www.co.gloucester.nj.us/parks/therapy.htm](http://www.co.gloucester.nj.us/parks/therapy.htm)

This program offers a therapeutic recreation program for leisure time. Programs are provided year-round.

## **Houseman Recreation Center**

**5091 Summerdale Avenue**  
Philadelphia, PA 19124  
215-685-1240  
215-535-9655  
Website: [www.taplink.org/philahouseman.htm](http://www.taplink.org/philahouseman.htm)

Houseman runs several programs for children and young adults with disabilities including a Saturday morning sports program (Fall and Spring) and day camp (Summer). Houseman primarily serves children in Northeast Philadelphia. There is a fee. Bus transportation will be provided to day camps.

## **Knoebels Amusement Resort**

**Route 487**  
Elysburg, PA 17824  
570-672-2572  
Website: [www.knoebels.com](http://www.knoebels.com)

A family amusement park that offers lodging, swimming, games, rides and other attractions, several can accommodate individuals with special needs.

## **Magee Rehabilitation Hospital**

**Six Franklin Plaza**  
Philadelphia, PA 19102  
215-587-3412  
Website: [www.mageerehab.org](http://www.mageerehab.org)

Magee Rehabilitation Hospital offers an accessibility guide to wheelchair sports programs and dining in Center City for people over 16 years.

# General and Multi-Recreational Sites

## Monmouth County Park System

Therapeutic Recreation Services  
805 Newman Springs Road  
Lincroft, NJ 07738  
732-460-1167  
Website: [www.monmouthcountyparks.com](http://www.monmouthcountyparks.com)

This county park system offers a variety of therapeutic recreation services and activities including swimming, day programs, sensory stimulation, tennis, therapeutic horseback riding, day camps and overnight trips. Transportation to camps is not provided.

## Outer Limits Upper Merion Park and Recreation Program

175 West Valley Forge Road  
King of Prussia, PA 19406  
610-265-1071  
Website: [www.umtownship.org](http://www.umtownship.org)

This is a recreational program for children who have developmental disabilities. Activities include swimming, ice skating, bowling, basketball, softball and soccer. There are fees for activities.

## Philadelphia Recreation Department

1515 Arch Street, 10th Floor  
Philadelphia, PA 19102  
215-683-3601  
Website: [www.phila.gov/recreation/](http://www.phila.gov/recreation/)

The Philadelphia Recreation Department offers an accessibility guide for recreation centers and playgrounds.

## Rally

P. O. Box 214  
Bala Cynwyd, PA 19004  
215-248-1108

This is a year-round inclusive community recreation program for residents of Springfield and Lower Merion Townships in Montgomery County.

## Somerset County Park Commission

Therapeutic Recreation Department  
P.O. Box 5327  
North Branch, NJ 08876  
908-526-5650  
Website: [www.park.co.somerset.nj.us](http://www.park.co.somerset.nj.us)

Somerset County Park Commission offers a variety of recreational activities including cooking, crafts, sports, games, trips, summer camp and special activities for children and adults with developmental disabilities. The Park Commission also maintains an accessible fitness trail and putting course.

## General and Multi-Recreational Sites

### **Special People in Northeast, Inc. (SPIN)**

**Norcom Community Center  
10521 Drummond Road  
Philadelphia, PA 19154  
215-613-1009**

**Website:** [www.spininc.org](http://www.spininc.org)

SPIN offers a variety of services for children, teens, and adults with developmental disabilities, including early intervention, day care, preschool services as well as leisure, recreation, and support services.

### **Special Teens Project**

**526 Main Avenue  
Croydon, PA 19021  
215-788-6383**

Special Teens Project offers a variety of recreational programs to teens and adults with developmental disabilities. Activities include dances, bowling, dinners and trips. Meeting times vary with activity. There is an annual fee.

### **United Cerebral Palsy Association**

**Community Recreation Services  
102 E. Mermaid Lane  
Philadelphia, PA 19141  
215-242-4200**

**E-mail:** [recreation@ucphila.org](mailto:recreation@ucphila.org)

**Website:** [www.ucpphila.org](http://www.ucpphila.org)

Community Recreation Services is for individuals who are physically or developmentally disabled to take advantage of a variety of leisure time and sports opportunities. Social groups enjoy a variety of athletic opportunities, including outings, special events, classes and other activities throughout the Philadelphia area. The nature of these activities ranges from movies, dinners, dances and board games to exercising, swimming, camping, skiing, cooking, crafts, art and music appreciation.

# Karate and Martial Arts

## **Amkor Karate Institute**

**8915 West Chester Pike  
Upper Darby, PA 19082  
610 446 6650**

**Website:** [www.amkorkarate.com](http://www.amkorkarate.com)

Pediatric karate organization with multiple locations throughout Delaware County, including Aston, Upper Darby, Ebensburg, Colledgeville, Royersford, Bryn Mawr, and Coatesville.

## **Hwang's Karate Studio**

**20 Millburn Avenue  
Springfield, NJ 07081  
973-467-3939**

**Website:** [www.hwangkarate.com](http://www.hwangkarate.com)

Pediatric Martial Arts facility, primarily works with children with autism and cerebral palsy, open to students between the ages of 4 and 18. Children with a wide variety of developmental disabilities are offered a recreational and social program that is also an excellent form of therapy. The goal for this program is to give children the opportunity to improve their balance, coordination, attention, social skills, and self-esteem while working with highly qualified instructors and occupational/physical therapists.

## **Magee Rehab Hospital**

**1513 Race Street  
Philadelphia, PA  
215- 587-3142**

**Website:** [www.mageerehab.org/peer/sport.html#martial](http://www.mageerehab.org/peer/sport.html#martial)

Offers weekly evening martial arts sessions for both ambulatory individuals, and those who use wheelchairs.

## **NJ Martial Arts Academy**

**PathMark Shopping Center  
175 Lakeside Boulevard  
Landing, NJ 07850  
973-770-4555**

**Email:** [njmaa@bellatlantic.net](mailto:njmaa@bellatlantic.net)

**Website:** [www.newjerseymartialartsacademy.com](http://www.newjerseymartialartsacademy.com)

Offers over 25 types of martial arts training for children over the age of 3. Please call for rates, as well as for specific details pertaining to your child's needs.

# Museums, Concerts, Stadiums and Sporting Events

## **Annenberg Theater**

**3680 Walnut Street  
Philadelphia, PA 19103  
Website: [www.pennpresents.org](http://www.pennpresents.org)**

The Annenberg Center, which is on the University of Pennsylvania campus, serves the university and greater community with everything from brilliant classical music and theatre to world music, jazz, and dance.

## **Flyers Games**

**Wachovia Center Complex  
3601 S. Broad Street  
Phila., PA. 19148  
215-755-9700  
Website: [www.philadelphiaflyers.com](http://www.philadelphiaflyers.com)**

Call for information on accessibility and special entrances.

## **Forrest Theater**

**1114 Walnut Street  
Philadelphia, PA  
215-923-1515  
Website: [www.forrest-theatre.com/](http://www.forrest-theatre.com/)**

One of Philadelphia's oldest theaters, the Forrest Theater is home to several traveling musicals and plays. Wheelchair designated spaces available at every performance.

## **Franklin Institute**

**20<sup>th</sup> Street and Benjamin Franklin Parkway  
Philadelphia, PA 19103  
215-448-1180  
Website: [www.fi.edu](http://www.fi.edu)**

Most of the exhibits and all of the high-tech theaters and live demonstrations are accessible by wheelchair, including the Benjamin Franklin National Memorial. Wheelchairs are available upon request at main ticketing areas in the Bartol Atrium and the 20th Street entrance. American Sign Language and sound device services available for those with special hearing needs.

## **Kimmel Center**

**260 South Broad Street on the Avenue of the Arts, Suite 901  
Philadelphia, PA 19102  
215-790-5800  
TTY 215-735-6059  
Website: [www.kimmelcenter.org](http://www.kimmelcenter.org)**

The Kimmel Center is a fully accessible center for the performing arts and the Academy of Music. Hosts a variety of different music groups and events. The center welcomes individuals with disabilities and is wheelchair accessible.

# Museums, Concerts, Stadiums and Sporting Events

## Mann Music Center

George's Hill  
Fairmount Park: 52<sup>nd</sup> Street and Parkside Ave.  
Philadelphia, PA 19131  
215-878-7707  
Website: [www.manncenter.com](http://www.manncenter.com)

Originally founded as the summer home of the Philadelphia Orchestra, The Mann Center for the Performing Arts is the only outdoor cultural arts venue in the Philadelphia region and one of the largest of its kind in the nation. This unique open-air theater has hosted some of the world's best-known artists and performances. Today, The Mann offers a range of arts programs like nowhere else in the area—from orchestra to opera, dance to drumming, pops and jazz to rock and roll. Wheelchair accessible seating by appointment, sound enhancement, and handicap accessible parking.

## Philadelphia Museum of Art

26<sup>th</sup> and Benjamin Franklin Parkway  
P.O. Box 7646  
Philadelphia, PA 19101  
215-763-8100  
Website: [www.philamuseum.org](http://www.philamuseum.org)

Offers a variety of access options, including available wheelchairs, Museum Outreach, special guided tours, and programs for visitors with sensory impairments.

## Philadelphia Phillies Games

Citizens Bank Park  
One Citizens Bank Way  
Philadelphia, PA 19148  
215-463-1000  
Website: [www.phillies.com](http://www.phillies.com)

Call for information on accessibility and special entrances.

## Please Touch Museum

210 N. 21st Street  
Philadelphia, PA 19103  
215-963-0667  
Website: [www.pleasetouchmuseum.org](http://www.pleasetouchmuseum.org)

The Please Touch Museum is a wheelchair accessible children's museum. Free for all parents, teachers and children of the Philadelphia school district.

## Sixers Games

Wachovia Center Complex  
3601 S. Broad Street  
Phila., PA. 19148  
215-339-7676  
Website: [www.nba.com/sixers/](http://www.nba.com/sixers/)

The Sports Center is equipped with elevators and escalators. The Wachovia Center is equipped with ramps outside the building located on the Eleventh Street and Broad Street sides of the building. The Universal Symbol marks accessible parking. Accessible Seating should be purchased in advance by contacting the Box Office at (215) 389-9571. TDD for the Hearing Impaired is (215) 389-9599.

# Performing and Visual Arts

## **Abington Art Center**

**515 Meetinghouse Road  
Jenkintown, PA 19046  
215-887-4882**

**Website: [www.abingtonartcenter.org](http://www.abingtonartcenter.org)**

Workshops and classes offered include studio classes for fine art, crafts, and dance for ages 3 and up. Special audiences and artists' needs are addressed on or off site through outreach programs.

## **Academy of Community Music Services**

**Crescendo Program  
601 Bethlehem Pike  
Fort Washington, PA 19034  
215-233-3020**

**Website: [artreach.gcdi.com/Venues/venue.cfm?VENUEID=20](http://artreach.gcdi.com/Venues/venue.cfm?VENUEID=20)**

This is a specialized community music therapy and education program offered to children with disabilities and disadvantages. Typically held in Head Start and early intervention centers and integrated day care centers, the focus of this program is involving parents and addressing the developmental skills (fine motor, attention span, coordination, social and cognitive, and self-esteem) of pre-school children. There is a sliding scale fee. Individual music therapy is provided at the Fort Washington location. Fee for sessions.

## **Allen's Lane Art Center**

**Allen's Lane and McCallum Street  
Philadelphia, PA 19119  
215-248-0546**

**Website: [www.allenslane.org](http://www.allenslane.org)**

Offers a variety of classes, including jewelry making and ceramics. The Vision Through Art Program is designed for people with visual impairments to learn sculpture.

## **Dancing Dots Braille Music Technology**

**1754 Quarry Lane  
P.O. Box 927  
Valley Forge, PA 19482-0927  
610-783-6692**

**Email: [info@dancingdots.com](mailto:info@dancingdots.com)**

**Website: [www.dancingdots.com](http://www.dancingdots.com)**

Provides a variety of services and products for musicians who are blind in Pennsylvania.

# Performing and Visual Arts

## **Energy Entertainment, Inc.**

200 S Railroad Street  
Myerstown, PA 17067  
717-866-2505

Website: [home.comcast.net/~energy\\_lady/](http://home.comcast.net/~energy_lady/)

Singing program for children ages 6-16 developed by a family with three teenagers with Downs Syndrome. Exceptions in age can be made. Program focus is primarily on performance singing, dance and other musical activities.

## **George and Esther Horowitz Cultural Center**

Philadelphia Developmental Disabilities Corporation/ARC  
2350 West Westmoreland Street  
Philadelphia, PA 19140-4793  
215-229-4550

Website: [www.arcpddc.org](http://www.arcpddc.org)

The George & Esther Horowitz Cultural Center offers a wide variety of courses and activities in music, dance, art and drama. Individuals of all ages with developmental disabilities are eligible. Trained specialists teach the courses. The Center also offers volunteer and professional training opportunities. A day program for full or partial days and a summer arts enrichment program are available. Most programs have a fee for service.

## **Kardon Institute of the Arts for People with Disabilities**

10700 Knights Road  
Philadelphia, PA 19154  
215-637-2077

Website: [www.kardoninstitute.org](http://www.kardoninstitute.org)

The Kardon Institute offers individual and group music, dance therapy and education for children, teens and adults who have disabilities. Its programs are available in South Philadelphia, West Philadelphia, Northeast Philadelphia, Germantown, Jenkintown and Doylestown. Services are provided at reduced fees based on financial need. Available for children ages 2 \_ - 80+.

## **National Theatre Workshop of the Handicapped (NTWH)**

750 E. Haverford Road  
Bryn Mawr, PA 19010  
610-581-7100 Ask for Christine Rouse  
Email: [info@esfcamps.com](mailto:info@esfcamps.com)  
Website: [www.esfcamps.com](http://www.esfcamps.com)

NTWH acting workshops are offered to teens and young adults, ages 11 to 26, with disabilities to experience their own freedom in the world of performing arts.

## **Norcom Community Center**

10980 Norcom Road  
Philadelphia, PA 19154  
215-613-1070

Website: [www.nccfun.org](http://www.nccfun.org)

This integrated community center provides programs for children with special needs and disabilities including tumbling, gymnastics, and ceramics.

# Performing and Visual Arts

## **NuVisions for Disabled Artists**

1319 Magee Avenue  
Philadelphia, PA 19111  
215-742-7665  
Website: [home.aff.net/~hbedelstein](http://home.aff.net/~hbedelstein)

All-media arts program for participants ages 18+.

## **Scranton Cultural Center**

420 N Washington Avenue  
Scranton, PA 18503  
570-346-7369  
570- 344-1111  
888-669-8966  
Website: [www.scrantonculturalcenter.org](http://www.scrantonculturalcenter.org)

Offers a variety of productions, programs and activities including plays, pottery, art, and music options. Please check website for current events and schedules.

## **Sedgwick Cultural Center**

7137 Germantown Avenue  
Philadelphia, PA 19119  
215-248-9229  
Website: [www.sedgwickcenter.org](http://www.sedgwickcenter.org)

Presents a variety of programs in the visual and performing arts with local and international talents. The Sedgwick is in East Mount Airy and is completely accessible.

## **University City Arts League**

4226 Spruce Street  
Philadelphia, PA  
215-382-7811  
Website: [www.ucartsleague.org](http://www.ucartsleague.org)

Offers inclusive children's programs, including cartooning, Japanese animation, clay clubs, and movement and music classes in West Philadelphia. Limited wheelchair facility.

## **VSA Arts**

### **Pennsylvania Council on the Arts (Local Affiliate of VSA)**

216 Finance Building  
Harrisburg, PA 17120  
717-787-6883  
TTY: 800-654-5984  
Website: [www.artsnet.org/pca](http://www.artsnet.org/pca)  
[www.vsarts.org/](http://www.vsarts.org/)

VSA arts is an international nonprofit organization founded in 1974 in order to help create a society where people with disabilities can learn through, participate in, and enjoy the arts. Nearly five million people with disabilities participate in *VSA arts* programs every year through a network of affiliates nationwide and in over 60 countries worldwide. Please visit both the national and local websites for more information.

## Recreational/Social Clubs and Events

The following is a list of recreational and social venues or clubs that provide various events and/or sessions throughout the year, often for children and families living with a specific diagnosis. Please contact the organization for the most current recreational opportunities.

### Access Services

**2 Bethlehem Plaza, Suite 300**

**Bethlehem, PA 18018**

**610-866-6667**

**Website: [www.accessservices.org](http://www.accessservices.org)**

A multi-purpose agency centered on the needs of individuals with disabilities. Offers support services, clinical services, and various recreational opportunities through various programs and events.

### Arthritis Foundation

**219 N Broad Street, Suite 2**

**Philadelphia, PA 19107**

**215-564-9800**

**800-355-9040**

**Website: [www.arthritis.org/events](http://www.arthritis.org/events)**

Provides dances, picnics, family days, teen outings and holiday parties for children and families with arthritis and rheumatic disease.

### Bald Eagle Wilderness Boys Camp

**1077 Wilderness Trail**

**Mill Hall, PA 17751**

**570-748-4543**

**Website: [www.baldeagleboyscamp.org](http://www.baldeagleboyscamp.org)**

Options and opportunities vary for different conditions, though may include dances, picnics, clubs and scouting.

### Camp Dream Catcher

**110 E State Street, Suite C**

**Kennett Square, PA 19348**

**610-925-2998**

**Website: [www.campdreamcatcher.org](http://www.campdreamcatcher.org)**

Sponsors activities such as dances, picnics and parties for children with HIV and children of family members living with HIV.

### Caring Place Youth Development Center

**931 Hamilton Street**

**Allentown, PA 18101**

**610-433-5683**

**610-820-8336**

**Website: [www.thecaringplace.org](http://www.thecaringplace.org)**

Provides various activities, support, advocacy, and summer recreational activities youth with special needs.

## Recreational/Social Clubs and Events

### Chambers Hill Adolescent Care Program

3740 Chambers Hill Road  
Harrisburg, PA 17111  
717-561-0400

Website: [www.gaudenzia.org](http://www.gaudenzia.org)

Offers programs and social activities for children and adolescence with chemical dependency and mental illness, including dances and picnics.

### Clelian Heights School for Exceptional Children

RD 9 Box 607  
Greensburg, PA 15601  
724-837-8120

Website: [www.clelianheights.org](http://www.clelianheights.org)

Provides various social activities for children with an array of special needs and conditions.

### Collage

4016 Foxhill Lane  
Newtown Square, PA 19073  
610-356-7355

Website: [www.collage-OTP.org](http://www.collage-OTP.org)

Group occupational therapy program that works on the development of social skills in children and adults who have delays or developmental deviations. A commitment to the 8-week session and a fee for service is required.

### Country Ark Farm

122 Genesis Drive  
Milford, PA 18337  
570-686-3480

Website: [www.countryarkfarm.org](http://www.countryarkfarm.org)

Sponsors picnics, sporting events, and farm activities for children with a variety of special needs.

### Dresden, Inc.

11811 Pa Ave  
Meadville, PA 16335  
814-337-1259

Website: [www.provideralliance.org/Agency.Dresden.html](http://www.provideralliance.org/Agency.Dresden.html)

Dresden, Inc. assists with coordinating recreational and daily life activities for individuals with special needs. Activities may include picnics, dances, and field trips.

## Recreational/Social Clubs and Events

### Epilepsy Foundation Eastern PA

919 Walnut Street, Suite 700  
Philadelphia, PA 19107  
215-523-9180  
800-887-7165  
Website: [www.efsepa.org](http://www.efsepa.org)

Events specifically related to children and families living with epilepsy, though all are welcome and encouraged to attend. Events may include dances, picnics, and teen and pre-teen retreat weekends.

### Family Connections

Wayne Presbyterian Church  
125 E Lancaster Avenue  
Wayne, PA 19087  
610-964-1025  
Website: [www.waynepres.org](http://www.waynepres.org)

Provides a variety of inclusive youth-related activities (dances, picnics, social groups for young adults) through the Wayne Presbyterian Church. Some events have a religious orientation. Please call for event information and details.

### Four Diamonds Fund

Penn State Health System  
500 University Drive  
Hershey, PA 17033  
717-531-7993  
717-531-5344  
800-243-1455  
Website: [www.hmc.psu.edu/fourdiamonds/events/index.htm](http://www.hmc.psu.edu/fourdiamonds/events/index.htm)

Events to support those families and children living with cancer, though all are welcome and encouraged to attend.

### Friendship House

1615 E Elm Street  
Scranton, PA 18505  
570-342-8305  
800-226-0456  
Website: [www.friendshiphousepa.org](http://www.friendshiphousepa.org)

Offers evening and weekend psychosocial rehabilitation programs designed for children ages 5 to 15. Though the program has a therapeutic component, fun and social activities are used as a means to assist children who attend community schools that require counseling, support services and social skill development. Children in this program receive homework assistance and participate in highly structured activities focusing on social skills and building self-esteem. Children also receive an evening meal or Saturday lunch and transportation to and from the Friendship House Treatment Center in Scranton.

## Recreational/Social Clubs and Events

### **Joni and Friends - Eastern PA**

5307 Main Street  
East Petersburg, PA 17520  
717-509-6170  
Website: [www.joniandfriends.org](http://www.joniandfriends.org)

This is a disability outreach program that offers family retreats and various events throughout the year. Some activities have a religious component.

### **Pennsylvania School for the Deaf**

100 W. School House Lane  
Philadelphia, PA 19144  
215-951-4732  
TTY: 215-951-4734  
Website: [www.psd.org](http://www.psd.org)

Provides biweekly activities for families of deaf children and children with hearing impairments. Events include zoo trips, fashion shows, games, and athletics activities. Please visit the Center for Community and Professional Services portion of the website for a complete list of dates and events.

### **People Regardless of our Disabilities (PROUD)**

Temple Apartments  
5 Heisz Street  
Edwardsville, PA 18704  
570-344-7211  
800-344-7211  
TTY: 570-344-5275

Offers a weekly support group for people with disabilities with a focus on fun. Arts and crafts, recreational activities, educational materials, and advocacy issues are alternately presented throughout the sessions.

### **Scranton State School for the Deaf**

1800 N Washington Street  
Scranton, PA 18509  
570-963-4551  
TTY: 570-963-4546  
Website: [www.neiu.k12.pa.us/WWW/SSSD/](http://www.neiu.k12.pa.us/WWW/SSSD/)

A public school program that provides students with special needs and hearing impairments with a variety of recreational opportunities in a school setting. Such opportunities include athletics, social groups and support groups, and one-time events.

## Recreational/Social Clubs and Events

### Second Mile

1402 S. Atherton Street  
State College, PA 16801  
814-237-1719

Website: [www.thesecondmile.org](http://www.thesecondmile.org)

Parkview Tower  
1150 First Avenue, Suite 150  
King of Prussia, PA 19406  
610-491-9440

Offers a variety of recreational opportunities and support services for children at-risk and children with special needs. Programs include a fitness program, a college mentor activity program, and a summer challenge camp.

### Sprout, Inc.

893 Amsterdam Avenue  
New York, NY 10025  
212-222-9575

Website: [www.gosprout.org](http://www.gosprout.org)

This private, non-profit organization helps people with developmental disabilities grow through recreation, education and leisure activities in a group setting. Most trips originate in New York. Convenient local pickup and drop off available for groups. Participants are adults with mild-to-moderate mental retardation. Fees are dependent upon location of the trip.

### Supporting Autism and Families Everywhere (SAFE)

Mark II Family Restaurant  
400 Kidder Street  
Wilkes Barre, PA 18702  
570-822-7259  
877-510-SAFE

Website: [www.autismsafe.org](http://www.autismsafe.org)

Provides both recreational opportunities and educational forums for families and children living with autism. Various holiday events, parties, picnics and conferences are held annually at various times throughout the year.

### Temple University Center for Excellence in Developmental Disabilities

1301 Cecil B. Moore Avenue  
423 Ritter Annex  
Philadelphia, PA 19122  
215-204-1356

Website: [www.temple.edu/instituteondisabilities](http://www.temple.edu/instituteondisabilities)

Provides various programs, events and opportunities for children, teens, and families living with a developmental disability. This is also an excellent resource for information pertaining to a variety of subjects concerning developmental disabilities.

## Recreational/Social Clubs and Events

### Youth Advocate Programs, Inc

P.O. Box 950  
Harrisburg, PA 17108  
717-232-3150  
717-232-7580

Website: [www.yapinc.org](http://www.yapinc.org)

A private, non-profit services agency that offers supports and services to families dealing with special circumstances. Recreational activities are centered on the therapeutic process of supporting children and parents with their unique goals, strengths and challenges.

## State Parks: Outdoor Adventures

The following is a list of popular outdoor sites, parks, or organizations that can include children with various special needs. Please call or check their website for the most up-to-date information.

### Blue Mountain Outfitters, Inc.

Route 11 and 15 103 South State Road  
Marysville, PA 17053  
717-957-2413  
Website: [www.bluemountainoutfitters.net](http://www.bluemountainoutfitters.net)

### Cherry Springs State Park

Lyman Run State Park  
454 Lyman Run Rd  
Galeton, PA 16922  
814-435-5010  
TTY: 800-654-5984  
Website: [www.dcnr.state.pa.us/stateparks/parks/cherrysprings.aspx](http://www.dcnr.state.pa.us/stateparks/parks/cherrysprings.aspx)

### Delaware Canal State Park

11 Lodi Hill Road  
Upper Black Eddy, PA 18972-9540  
610-982-5560  
Website: [www.dcnr.state.pa.us/stateparks/parks/delawarecanal.aspx](http://www.dcnr.state.pa.us/stateparks/parks/delawarecanal.aspx)

### EAA Aviation Foundation

717-258-6402  
717-774-2918  
Website: [www.eaa.org](http://www.eaa.org)

## State Parks: Outdoor Adventures

### Fort Washington State Park

500 Bethlehem Pike  
Fort Washington, PA 19034-2107  
215-591-5250  
Website: [www.dcnr.state.pa.us/stateparks/parks/fortwashington.aspx](http://www.dcnr.state.pa.us/stateparks/parks/fortwashington.aspx)

### Greenwood Furnace State Park

RR 2 Box 118  
Huntingdon, PA 16652  
814-667-1800  
Website: [www.dcnr.state.pa.us/stateparks/parks/greenwoodfurnace.aspx](http://www.dcnr.state.pa.us/stateparks/parks/greenwoodfurnace.aspx)

### Linn Run State Park

Linn Run Road  
Rector, PA 15677  
724-238-6623  
888-727-2757

### Lyman Run State Park

454 Lyman Run Road  
Galeton, PA 16922  
814-435-5010  
TTY: 800-654-5984  
Website: [www.dcnr.state.pa.us/stateparks/parks/lymanrun.aspx](http://www.dcnr.state.pa.us/stateparks/parks/lymanrun.aspx)

### Moraine State Park Complex

225 Pleasant Valley Road  
Portersville, PA 16051  
724-368-8811  
888-727-2757  
Website: [www.dcnr.state.pa.us/stateparks/parks/moraine.aspx](http://www.dcnr.state.pa.us/stateparks/parks/moraine.aspx)

### Mount Pisgah State Park

State Park Rd off of Route 6  
Troy, PA 16947  
570-297-2734  
800-654-5984  
Website: [www.dcnr.state.pa.us/stateparks/parks/mtpisgah.aspx](http://www.dcnr.state.pa.us/stateparks/parks/mtpisgah.aspx)

### Ohiopyle State Park

P.O. Box 105  
Ohiopyle, PA 15470  
724-329-8591  
888-727-2757  
Website: [www.dcnr.state.pa.us/stateparks/parks/ohiopyle.aspx](http://www.dcnr.state.pa.us/stateparks/parks/ohiopyle.aspx)

# State Parks: Outdoor Adventures

## Prince Gallitzin Park

966 Marina Road

Patton, PA 16668

814-674-1000

888-727-2757

Website: [www.dcnr.state.pa.us/stateparks/parks/princegallitzin.aspx](http://www.dcnr.state.pa.us/stateparks/parks/princegallitzin.aspx)

## Ridley Creek State Park

Ridley Creek State Park

1023 Sycamore Mills Road

Media, PA 19063-4398

610-892-3900

Website: [www.dcnr.state.pa.us/stateparks/parks/ridleycreek.aspx#recreation](http://www.dcnr.state.pa.us/stateparks/parks/ridleycreek.aspx#recreation)

## Tioga Hammond and Cowanesque Lakes

US Army Corps of Engineers

RD 1 Box 65

Tioga, PA 16964

570-835-5281

Website: [www.nab.usace.army.mil](http://www.nab.usace.army.mil) and follow links for recreation

## Worlds End State Park

Route 154

Forksville, PA 18616

570-924-3287

TTY: 800-654-5984

Website: [www.dcnr.state.pa.us](http://www.dcnr.state.pa.us)

# Summer Camps

## **Abington Township Bureau of Parks**

**515 Meetinghouse Road  
Jenkintown, PA 19046  
215-576-5179**

**Website: [www.abington.org](http://www.abington.org)**

Abington Township offers several programs for children and teenagers with disabilities, including a Saturday Morning Unlimited Recreation & Fun Program in the fall and two day camps in the summer. Must be residents of Eastern Montgomery County area to participate.

## **Adath Jeshurun Pre-school and Kindergarten**

**Camp Kitov  
7763 Old York Road  
Elkins Park, PA 19027  
215-635-3490**

This is a pre-school, kindergarten and day camp for young children with physical and/or intellectual disabilities. It has a self-contained morning program that tries to meet the child's individual learning and socialization goals. If a child is appropriate for mainstream group, he or she may attend all day. Adath Jeshurun provides a Jewish cultural experience but is open to non-Jewish children. There is a program fee.

## **Atlantic Coast Special Education Services**

**49 West Avenue  
Ocean View, DE 19970  
302-537-7263**

**Website: [www.atlanticcoast.org](http://www.atlanticcoast.org)**

This summer residential program serves children, teens and adults with learning disabilities and mild mental retardation, particularly those who have problems with social adjustment and independent living skills. Participants live in four-bedroom houses at Bethany Beach, Delaware. The major goal for each participant is improved social adjustment through a positive group living experience and the development of skills to live a more independent life. This program runs nine-week sessions throughout the summer.

## **Benchmark School**

**2107 North Providence Road  
Media, PA 19063  
610-565-3741**

**Website: [www.benchmarkschool.org](http://www.benchmarkschool.org)**

Offers a five-week Summer Program designed for students' ages 6 to 11 who can benefit from reading and writing instruction beyond the regular school year, as well as enjoy the fun of a day-camp experience. The Program combines Benchmark's nationally recognized language arts program with extensive recreational activities, including a Confidence Course. A fee is required.

## **Camp ARC Beaver**

**3582 Brodhead Road, Suite 202  
Monaca, PA 15061  
724-775-1602**

**Website: [www.achieva.info](http://www.achieva.info)**

This is a residential camp in Emlenton, PA for individuals' ages 5-senior citizens who have developmental disabilities.

# Summer Camps

## **Camp Black Rock Retreat Center**

**1345 Kirkwood Pike  
Quarryville, PA 17566  
717-529-3232**

**Website: [www.blackrockretreat.org](http://www.blackrockretreat.org)**

This is a one-week residential camp for individuals 7-17 with mental and physical disabilities. Financial aid and scholarships are available.

## **Camp Bright Feathers**

**YMCA Camp Ockanickon  
1303 Stokes Road  
Medford, NJ 08055  
609-654-8225**

**Website: [www.ycamp.org](http://www.ycamp.org)**

This one-week residential camp serves children infected with HIV or the children of HIV-infected parents. If parent is HIV+ and child is not, child must be living with parent to be eligible for camp. Camp is free and transportation is provided from The Children's Hospital of Philadelphia and St. Christopher's Hospital for Children.

## **Camp Can-Do I & II**

**American Cancer Society  
1626 Locust Street  
Philadelphia, PA 19103  
215-985-5311**

**Website: [www.cancer.org](http://www.cancer.org)**

Camp Can Do I is a free, residential camp in Hershey, PA., for children 8 -17 with cancer. Camp Can Do II is a free, residential camp in Hershey, PA., for children 8-14 who are siblings of children with cancer. Transportation provided from central pick-up site to the campgrounds.

## **Camp Carousel Farm's Education Center**

**226 Grenoble Road  
Ivyland, PA 18974  
215-355-6498**

This is a horseback riding day camp program with two four-week sessions. There is a program fee, though limited partial scholarships may be available. Transportation provided for additional fee. Please contact the program to see what accommodations can be made depending on various needs.

## **Camp Echo Trail**

**Penn Laurel Girl Scout Council  
P.O. Box 20159  
1600 Mt. Zion Road  
York, PA 17402-0140  
717-757-3561**

**Website: [www.pennlaurel.org](http://www.pennlaurel.org)**

This is a residential camp for girls 5-17 years with developmental disabilities.

# Summer Camps

## **Camp Helping Hands I & II**

**415 Hoffmansville Road  
Bechtelsville, PA 19505  
610-754-6491**

**Website: [www.helpinghandsinc.com](http://www.helpinghandsinc.com)**

Camp Helping Hands I is a social and recreational residential camp for ages 5 and older. Weekly stays are from Sunday evenings until Fridays at noon. Camp Helping Hands II offers weekly "down the shore" vacations. Transportation provided from Bechtelsville to Ocean City. Some weeks are reserved for higher functioning vacationers and campers. There are program fees with some funding from OMR offices available.

## **Camp JAYCEE**

**33 Lake Drive  
Hightstown, NJ 08520  
732-246-2525**

**Website: [www.campjaycee.org](http://www.campjaycee.org)**

This is a residential camp for children and adults with developmental disabilities.

## **Camp Joy**

**3325 Swamp Creek Road  
Schwenksville, PA 19473  
610-754-6878**

**Website: [www.campjoy.com](http://www.campjoy.com)**

This is a residential camp for children and adults who are mentally retarded and/or physically handicapped. Sessions are held weekly throughout the summer. County funds may be available. The Camp also offers year-round sleepover weekends for a fee.

## **Camp Lee Mar**

**805 Redgate Road  
Dresher, PA 19025  
215-658-1708**

**Website: [www.leemar.com](http://www.leemar.com)**

This residential camp in the Pocono Mountains is for individuals with learning and developmental challenges. It provides a structured environment and individual attention, with guidance emphasized at all times. Staff is carefully selected for its knowledge and experience with special populations. All buildings are modern, air-conditioned, fully equipped and carefully supervised. Campers enjoy traditional camp programs, athletics, swimming, boating, speech and language therapy, music and art therapy, daily living skills, academics and sensory-motor-perceptual training daily. The entire tuition at Lee Mar is income tax deductible as a medical expense.

## **Camp Make-A-Dream**

**American Cancer Society  
1626 Locust Street  
Philadelphia, PA 19103  
215-985-5311**

**Website: [www.cancer.org](http://www.cancer.org)**

This is a one-week camping program in Montana that offers young adults 18-25 with cancer the opportunity to increase their self-confidence, self-discovery and mastery.

# Summer Camps

## **Camp Make-A-Friend**

**Easter Seals Society**  
**3975 Conshohocken Avenue**  
**Philadelphia, PA 19131**  
**215-879-1000**  
**Website: [www.easterseals.org](http://www.easterseals.org)**

This is a recreational day camp for individuals 4-21 years with physical and intellectual disabilities.

## **Camp Merry Heart**

**Easter Seals Society of New Jersey**  
**21 O'Brien Road**  
**Hackettstown, NJ 07840**  
**908-852-3896**  
**Website: [www.easterseals.org](http://www.easterseals.org).**

Camp Merry Heart offers overnight recreational camping for individuals 5 and over with disabilities. Sessions range from six-12 days. Day camping is offered for children 5-12 years without special needs; they are integrated into activities with overnight campers who have disabilities. Activities include boating, sports, hiking, arts and crafts, nature study, swimming, etc. Facilities are available to groups during off-season times. There is camp tuition.

## **Camp Overbrook in Sign**

**6226 Rising Sun Avenue**  
**Philadelphia, PA 19111**  
**215-338-9373**

Camp Overbrook in Sign is a day camp for children 6-12 years with hearing impairment and use American Sign Language. The Archdiocese of Philadelphia sponsors it and religion is incorporated in to the activities.

## **Camp Ramah in the Poconos**

**261 Old York Road, Suite 734**  
**Jenkintown, Pa 19046**  
**215-885-8556**  
**Website: [www.campramah.org](http://www.campramah.org)**

This is a Conservative Jewish educational and Kosher residential camp in Lake Como, Pa. for individuals 9-16 and families with hearing impairments. Camp Ramah has other locations for children with special needs. Contact National Ramah at 212-678-8881.

## **Camp Sequanota**

**Lutheran Camp Association**  
**P. O. Box 245**  
**Jennerstown, PA 15547**  
**814-629-6627**  
**Website: [www.sequanota.net](http://www.sequanota.net)**

Day and residential camps for individuals and families (ages 6-100) with physical and mental disabilities. Financial aid and scholarships are available.

# Summer Camps

## Camp SPIN

**Norcom Community Center**  
**10980 Norcom Road**  
**Philadelphia, PA 19154**  
**215-613-1074**  
**Website: [www.nccfun.org](http://www.nccfun.org)**

This camp is for children 5-11. Children with disabilities are integrated into the program. Swimming and field trips are scheduled weekly.

## Camp Sure Foot

**Easter Seals Society**  
**2400 Trenton Road**  
**Levittown, PA 19056**  
**215-945-7200**  
**Website: [www.easterseals.org](http://www.easterseals.org)**

This is a day and residential camp for children 5-21 years with special needs. Limited transportation is available.

## Carousel House

**Belmont Avenue and North Concourse Drive**  
**Philadelphia, PA 19131**  
**215-685-0160**  
**Email: [carouselpa@aol.com](mailto:carouselpa@aol.com)**  
**Website: <http://region.philly.com/community/carouselhouse>**

This recreation facility has a gym, pool, and weight room and hosts many recreational programs for people with disabilities. It also has a day camp for children ages 5-21 that runs for two three-week sessions. Parents can also register their children at the Houseman Day Camp for an additional 3-week encampment. There is a fee for summer camp.

## Cross Road Summer Camp

**29 Pleasant Grove Road**  
**Port Murray, NJ 07865**  
**908-832-7264**  
**Website: [www.crossroadsoutdoorministries.org](http://www.crossroadsoutdoorministries.org)**

This is a residential camp for individuals 10-30 years old with developmental disabilities.

## Easter Seals Society

**Multiple Locations**  
**610-565-2353 (Media, PA)**  
**215-879-7010 (Philadelphia, PA)**  
**Website: [www.easterseals.org](http://www.easterseals.org)**

Easter Seals offers a summer day camp for campers from preschool age to adulthood with physical, developmental, and/or learning disabilities. Multiple locations across Pennsylvania and New Jersey, including Philadelphia.

# Summer Camps

## ESF Camps

**Winter Headquarters**  
**750 E. Haverford Road**  
**Bryn Mawr, PA 19010**  
**215-247-7010**  
**800-529-CAMP**  
email: [info@esfcamps.com](mailto:info@esfcamps.com)  
Website: [www.esfcamps.com](http://www.esfcamps.com)

ESF offers several inclusive camps: Day Camp, Sports Camp, Senior Camp and Phillies Baseball Academy. Day Camp (ages 4-8) offers arts & crafts, swimming, sports, music, drama, theme days, special events and much more. Sports Camp (ages 7-14) includes instruction and game play in soccer, basketball, street hockey, baseball, lacrosse, European team handball, football, golf and tennis. Senior Camp (ages 9-15) offers art, swimming, sports, archery, filmmaking, drama & theatre, business, magic, outdoor living skills, building and design, and cooking. Phillies Baseball Academy is for ages 7-14. Multiple locations.

## Freedom Valley Girl Scout Council of America

**P.O. Box 814**  
**Valley Forge, PA 19482**  
**610-933-7555**  
Website: [www.gsfcv.org](http://www.gsfcv.org)

This is an inclusive camp for girls 6-17 years. Camping facilities are fully accessible and applicants are evaluated to ensure appropriate placement.

## HANDI\*CAMP

**309 Colonial Drive**  
**Akron, PA 17501-0249**  
**717-859-4777**

Handi\*Camp conducts overnight, Christian camping programs at several locations in Pennsylvania and New Jersey for children, teens, and young adults with mental and/or physical disabilities. The camp has an emphasis on Christian activities. Activities include swimming, crafts, games, chapel, singing, Bible classes and devotions.

## Houseman Recreation Center

**5091 Summerdale Avenue**  
**Philadelphia, PA 19124**  
**215-685-1240**  
**215-535-9655**  
Website: [www.taplink.org/philahouseman.htm](http://www.taplink.org/philahouseman.htm)

Houseman runs several programs for children and young adults with disabilities including a Saturday morning sports program (Fall and Spring) and a three-day a week day camp (Summer). Houseman primarily serves children in Northeast Philadelphia. There is a fee. Bus transportation will be provided to day camps.

# Summer Camps

## JCC Camps at Medford

Open Hearts-Open Doors  
1301 Springdale Road  
Cherry Hill, NJ 08003  
856-751-1666  
E-mail: [jccamps@medford.org](mailto:jccamps@medford.org)  
Website: [www.katzjcc.org/camps/homepage.asp](http://www.katzjcc.org/camps/homepage.asp)

This is an inclusive day camp for children with special needs.

## Keystone Pocono Camp

Box 1515  
RR#1  
Gouldsboro, PA 18424  
570-842-4521  
Website: [www.keycommresp.com](http://www.keycommresp.com)

This residential camp serves people with mild-to-severe mental retardation for sessions from one to 10 weeks. There is a fee and family-driven support funds are used to help with tuition. The camp also has groups of campers with Prader-Willi Syndrome.

## Lions Camp Kirby

P.O. Box 318  
Dublin, PA 18917  
215-249-3710  
Website: [www.lionscampkirby.org](http://www.lionscampkirby.org)

This is an overnight camp for children who are hearing impaired and their siblings. The campsite is in Upper Black Eddy, PA. Transportation and some partial camperships (scholarships) may be available. The summer weeks are divided into age groups.

## Monmouth County Park System

Therapeutic Recreation Services  
805 Newman Springs Road  
Lincroft, NJ 07738  
732-460-1167  
Website: [www.monmouthcountyparks.com](http://www.monmouthcountyparks.com)

This county park system offers a variety of therapeutic recreation services and activities including swimming, day programs, sensory stimulation, tennis, therapeutic horseback riding, day camps and overnight trips. Transportation to camps is not provided.

## Mustard Seed Farm Camp

Christian Camp for Special Children  
100 Porter Road, Suite 104  
Pottstown, PA 19464  
610-323-8866  
Website: [www.mustardseedfarm.com](http://www.mustardseedfarm.com)

This camp is a project of the Reformed Episcopal Church. Its purpose is to give children with disabilities an opportunity to enjoy a Christian camping experience through a specially designed and supervised program geared to their special needs. It is a weeklong residential camp. Campers must be capable of self-feeding, toileting and walking.

# Summer Camps

## **PA Lions Beacon Lodge Camp**

**114 SR 103 South  
Mount Union, PA 17066-9601  
814-542-2511**

**Website: [www.beaconlodge.com](http://www.beaconlodge.com)**

This residential summer camp serves a wide range of children with disabilities. Sessions run from 6-11 days, depending on the special needs group being served. There is a fee. The local Lions can help provide full or partial scholarships for families in need. The Camp is located four hours from Philadelphia.

## **Programs Employing People (PEP) Summer Camp**

**1200 South Broad Street  
Philadelphia, PA 19146  
215-389-4006**

**Website: [www.pepservices.org](http://www.pepservices.org)**

Programs Employing People sponsors a summer program for children and youth with developmental and physical disabilities. Camp PEP offers academic and social skills training, physical activities, and fun experiences with other children. The camp is staffed by certified special education teachers. The camp provides free transportation (normally limited to South Philadelphia), lunch, and an afternoon snack. Activities are offered five days a week, six and one-half hours a day. There is a tuition.

## **Round Lake Camp of the New Jersey**

**YMHA-YWHA Camps  
21 Plymouth Street  
Fairfield, NJ 07004  
973-575-3333**

**Website: [www.njvcamps.org](http://www.njvcamps.org)**

This sleep-away camp for children with learning disabilities and/or attention deficit disorders combines recreation with specific social guidance to give campers opportunities for attainable success. Activities include all land sports, crafts, music, drama, and water activities including swimming, boating and jet skiing. There is a special teen program, which includes pre-vocational activities and special trips. There are three-, four- and seven-week encampments. There is a limited amount of tuition assistance based on family need.

## **Summer Camp Program**

**Philadelphia Recreation Department  
Belmont and North Concourse  
Philadelphia, PA 19131  
215-685-0160**

The Philadelphia Recreation Department offers day and evening recreational programming for children and adults with mental retardation and/or physical disabilities. Transportation not provided. See also Carousel House on pages 3 and 31.

# Summer Camps

## Variety Club Camp and Developmental Center

**P.O. Box 609  
Valley Forge and Potshop Roads  
Worcester, PA 19490  
610-584-4366  
Website: [www.varietyphila.org](http://www.varietyphila.org)**

This is a year-round recreation and conference center for consumer and professional groups related to special populations. It offers summer residential camping sessions to eligible children with physical disabilities and day camping for children with developmental disabilities. There is a fee for summer camp, with camperships for low-income families. Year-round camping and recreational programs available for children with special needs including adapted aquatics and weekend retreats. Its Counselors-in-Training program is designed for youth 15-21 years with physical and developmental disabilities.

# Swimming and Aquatic Activities

## Abington Branch YMCA

**1073 Old York Road  
Abington, PA 19001  
215-884-9622  
Website: [www.abingtonymca.org/](http://www.abingtonymca.org/)**

Wheelchair accessible pool and facilities.

## Ambler YMCA

**Box 428 Bethlehem Pike  
Ambler, PA 19002  
215-628-9950  
Website: [www.amblyymca.org/](http://www.amblyymca.org/)**

Wheelchair accessible pool and facilities.

## Carousel House

**Belmont and North Concourse Drive  
Philadelphia, PA 19131  
215-685-0163  
Website: [www.phila.gov/recreation/carousel/](http://www.phila.gov/recreation/carousel/)**

Carousel House, located at Belmont Avenue and North Concourse Drive, is dedicated to providing socialization, recreational and educational services to persons with disabilities from throughout the City of Philadelphia. It is the first of its kind in the United States sponsored by a municipality. The year-round program is conducted within a 6.4-acre indoor and outdoor complex that includes basketball and tennis courts, picnic area, an accessible garden, an accessible playground and a fitness trail. The state-of-the-art, air-conditioned, indoor facility includes an auditorium, gymnasium, exercise room with weight equipment, arts and crafts room, fully equipped kitchen, game room, first aid station and swimming pool with an adjustable floor.

# Swimming and Aquatic Activities

## Delaware County Branch YMCA

SNAP (Special Needs Aquatics Program)  
Garrett Road and Lansdowne Avenue  
Lansdowne, PA 19050  
610-259-1661  
Website: [www.communityymca.org/aquatics.html](http://www.communityymca.org/aquatics.html)

Wheelchair accessible pool and facilities, as well as a variety of classes and exercise activities.

## Frankford YMCA

4700 Leiper Street  
Philadelphia, PA 19124  
Phone: 814-432-2138  
Website: [www.franklinymca.org](http://www.franklinymca.org)

Wheelchair accessible pool and facilities.

## Hatboro YMCA

440 S. York Road  
Hatboro, PA 19040  
215-674-4545  
Website: [www.ymcahatboro.org/](http://www.ymcahatboro.org/)

Wheelchair accessible pool and facilities.

## Kaiserman Jewish Community Center

45 Haverford Road  
Philadelphia, PA 19151  
610-896-7770  
Website: [www.phillyjcc.com/branches/kaiserman.html](http://www.phillyjcc.com/branches/kaiserman.html)

Wheelchair accessible pool, facilities, and some aquatic programs.

## O'Donnel Diving

3036 Germantown Pike  
Norristown, PA 19403  
610 635-0200

This program offers adapted scuba diving lessons and certification.

## Philadelphia Rowing Program for People with Disabilities

Boathouse Row  
4 Kelly Drive  
Philadelphia, PA 19130  
215-765-5118  
Website: [www.prp.net](http://www.prp.net)

This rowing program for people with physical disabilities is open to adolescents. There is an annual membership fee and a fee waiver program for those who need financial assistance.

## Swimming and Aquatic Activities

### **Underwater Discovery, Inc.**

2722 Rt. 37 East  
Toms River, NJ 08754  
732-270-9100

This organization offers special individualized instruction in scuba diving for individuals who have physical disabilities. Classes are taught in the on-site pool. Lake and ocean diving trips are offered for experienced divers. Ages 10 and up.

## Trips and Vacations

### **Eagle Springs Country Vacation Weekends**

RD # 2 Box 427  
Pine Grove, PA 17963  
570-345-8705

Eagle Springs provides activity weekends for people 18-80 years of age with special needs. Activities include sports such as hiking, fishing, horseback riding and outings to local points of interest. It is located 100 miles northwest of Philadelphia in the Blue Mountains. Transportation is provided from central Philadelphia locations. In operation from September through May.

### **Exceptional Tours**

267-971-7721

Trips include bowling, the NJ aquarium, or a cruise in the New York City Harbor. Designed to assist families and residential services providers in offering quality activities for the people they support. Also provides door-to-door transportation. Day trips range in price from \$40 to \$200.00.

### **Guided Tour, Inc., The**

7900 Old York Road, Suite 114B  
Elkins Park, PA 19027-2339  
215-782-1370  
Website: [www.guidedtour.com](http://www.guidedtour.com) (ages 17 and older)  
Website: [www.leemar.com](http://www.leemar.com) (ages 5-21)

The Guided Tour, Inc. provides professionally supervised domestic and international trips for individuals with developmental and physical challenges. The staff ratio is 1:3/4. Call for trip and fee schedule. Ages 17 and up.

### **Special Vacations**

6928 McCallum Street  
Philadelphia, PA 19119  
215-844-1295  
Email: [patspecialvac@aol.com](mailto:patspecialvac@aol.com)

Special Vacations offers a variety of supervised vacation opportunities for those over 18 years of age with developmental disabilities and physical challenges. Call for a list of trips and prices.

# **Trips and Vacations**

## **Sunshine Foundation - Dream Village**

**P.O. Box 255**

**Loughman, FL 33858**

**800-457-1976**

**Website: [www.sunshinefoundation.org/dream\\_village.htm](http://www.sunshinefoundation.org/dream_village.htm)**

This program hosts children who are seriously ill or physically challenged or abused and their families while visiting Disney World. The Sunshine Foundation provides the air travel and accommodations for a five-day and four-night stay, expense money and admission to Central Florida theme parks. The family must be financially needy and not have received a wish from any other foundation. A professional must refer families.

## **Travel Information Service**

**Moss Rehabilitation Hospital**

**1200 West Tabor Road**

**Philadelphia, PA 19141-3099**

**215-456-5995**

**Website: [www.mossresourcenet.org/travel.htm](http://www.mossresourcenet.org/travel.htm)**

This service makes telephone referrals to callers who require accessibility information in order to plan a trip.

## **Travel Recreation Experiences in Camping**

**Easter Seals Society of New Jersey**

**Camp Merry Heart**

**21 O'Brien Road**

**Hackettstown, NJ 07840**

**908-852-3896**

**Website: [www.nj.easterseals.com/camping\\_recreation](http://www.nj.easterseals.com/camping_recreation)**

This year-round program offers bus trips for travel, recreation and camping for older children, teens, and adults with developmental disabilities. Groups and trips are organized for specific ages.

# When Your Child's Head Has Been Hurt:



Many children who hurt their heads get well and have no long-term problems. Some children have problems that may not be noticed right away. You may see changes in your child over the next several months that concern you. This card lists some common signs that your child may have a mild brain injury. If your child has any of the problems on this list—AND THEY DON'T GO AWAY—see the "What to Do" box on the back of this sheet.

## HEALTH PROBLEMS

### Headaches

Including:

- headache that keeps coming back
- pain in head muscle
- pain in head bone (skull)
- pain below the ear
- pain in the jaw
- pain in or around the eyes

### Balance Problems

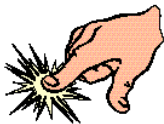
- dizziness
- trouble with balance

### Sensory Changes

- bothered by smells
- changes in taste or smell
- appetite changes



- ringing in the ears
- hearing loss
- bothered by noises
- can't handle normal background noise



- feels too hot
- feels too cold
- doesn't feel temperature at all

- blurry vision
- seeing double
- hard to see clearly (hard to focus)
- bothered by light



### Sleep Problems

- can't sleep through the night
- sleeps too much
- days and nights get mixed up

### Pain Problems

- neck and shoulder pain that happens a lot
- other unexplained body pain



**These problems don't happen often.  
If your child has any of them,  
see your doctor right away.**

- ▲ severe headache that does not go away or get better
- ▲ seizures: eyes fluttering, body going stiff, staring into space
- ▲ child forgets everything, amnesia
- ▲ hands shake, tremors, muscles get weak, loss of muscle tone
- ▲ nausea or vomiting that returns

Continued on Back

## BEHAVIOR and FEELINGS

*Changes in personality, mood or behavior*

- is irritable, anxious, restless
- gets upset or frustrated easily
- overreacts, cries or laughs too easily
- has mood swings
- wants to be alone or away from people
- is afraid of others, blames others
- wants to be taken care of
- does not know how to act with people
- takes risks without thinking first
- is sad, depressed
- doesn't want to do anything, can't "get started"
- is tired, drowsy
- is slow to respond
- trips, falls, drops things, is awkward
- eats too little, eats all the time, or eats things that aren't food
- has different sexual behavior (older children)
- starts using or has a different reaction to alcohol or drugs
- takes off clothes in public

## THINKING PROBLEMS

- has trouble remembering things
- has trouble paying attention
- reacts slowly
- thinks slowly
- takes things too literally, doesn't get jokes
- understands words but not their meaning
- thinks about the same thing over and over
- has trouble learning new things
- has trouble putting things in order (desk, room, papers)
- has trouble making decisions
- has trouble planning, starting, doing, and finishing a task
- has trouble remembering to do things on time
- makes poor choices (loss of common sense)

## TROUBLE COMMUNICATING

- changes the subject, has trouble staying on topic
- has trouble thinking of the right word
- has trouble listening
- has trouble paying attention, can't have long conversations
- does not say things clearly
- has trouble reading
- talks too much



Brain Injury  
Association, Inc.



Supported in part by project #MCJ-04TB20-01 from the Maternal & Child Health Bureau ([www.mchb.hrsa.gov](http://www.mchb.hrsa.gov))(Title V, Social Security Act), Health Resources and Services Administration, Department of Health and Human Services.

Developed by the Arizona Governor's Council on Spinal & Head Injuries in collaboration with the Arizona Department of Health Services.

## WHAT TO DO:

**If your child has any of the problems on this list, and they don't go away:**

- ▲ Ask your child's doctor to have your child seen by a specialist in head injury who can help your child learn skills (rehabilitation).
- ▲ Ask your child's doctor to have your child seen by a Board-certified Neuropsychologist. This specialist can help you understand and deal with your child's behavior and feeling changes.
- ▲ Call the Brain Injury Association hotline for more information:

**1-800-444-6443**

*We have only listed the problems we see most often when a child's brain is hurt. Not every problem that could happen is on this list.*

To obtain this information in an alternative format, contact the TBI Technical Assistance Center at: (202) 884-6802.

Brain Injury Association of Pennsylvania Resource Line  
866-635-7097  
Brain Injury Association of New Jersey Family Help Line  
800-669-4323



# UPMC Sports Medicine

## *Sports Concussion Program*

*Part of University of Pittsburgh Medical Center*

## Concussion Signs and Symptoms Evaluation

### Signs observed by staff

- appears to be dazed or stunned
- is confused about assignment
- forgets plays
- is unsure of game, score, or opponent
- moves clumsily
- answers questions slowly
- loses consciousness  
*(even temporarily)*
- shows behavior or personality change
- forgets events prior to hit  
*(retrograde)*
- forgets events after hit  
*(anterograde)*

### Symptoms reported by athlete

- headache
- nausea
- balance problems or dizziness
- double or fuzzy vision
- sensitivity to light or noise
- feeling sluggish
- feeling "foggy"
- change in sleep pattern
- concentration or memory problems

***Symptoms may worsen with exertion.***

***Athlete should not return to play until symptom-free.***

## On-field Cognitive Testing

### Orientation

---

*Ask the athlete the following questions.*

What stadium is this?                      What month is it?  
What city is this?                          What day is it?  
Who is the opposing team?

### Anterograde amnesia

---

*Ask the athlete to repeat the following words.*

Girl, dog, green

### Retrograde amnesia

---

*Ask the athlete the following questions.*

What happened in the prior quarter/period?  
What do you remember just prior to the hit?  
What was the score of the game prior to the hit?  
Do you remember the hit?

### Concentration

---

*Ask the athlete to do the following.*

Repeat the days of the week backward (starting with today).

Repeat these numbers backward:

63     *(36 is correct)*                      419     *(914 is correct)*

### Word list memory

---

*Ask the athlete to repeat the three words from earlier. (Girl, dog, green)*

***Any failure should be considered abnormal.  
Consult a physician following a suspected concussion.***

# Index - Activity Type

## Athletics

Camelback Adapted Ski Program	Pg. 3
Carousel House	Pg. 3
Freedom's Wings International	Pg. 3
Magee Rehabilitation	Pg. 3
National Sports Center for the Disabled	Pg. 3
PA Blind Athletes Association	Pg. 3
PA Center for Adapted Sports	Pg. 4
PGM Gold Clinics, Inc	Pg. 3
Sled Hockey America	Pg. 4
Special Olympics Philadelphia	Pg. 4
Three Rivers Adapted Sports	Pg. 5
United Cerebral Palsy Association	Pg. 5
U.S. Paralympic Committee	Pg. 5
Wheelchair Sports, U.S.A.	Pg. 5
Whitetail Ski Resort	Pg. 5

## Equestrian

Golden Pony	Pg. 6
National Foundation for Happy Horsemanship for Handicapped	Pg. 6
North American Riding for the Handicapped Association	Pg. 6
Pegasus Riding Academy, Inc.	Pg. 6
Quest Therapeutics	Pg. 6
Sebastian Riding Association	Pg. 7
Special Equestrian Therapeutic Riding and Driving Program	Pg. 7
Special People United to Ride (SPUR)	Pg. 7
Thorncroft Equestrian Center	Pg. 7

## General and Multi-Recreational Sites

Association for Developmental Disabilities	Pg. 8
Boy Scouts of America	Pg. 8
Camden County Parks and Recreation Department	Pg. 8
Carousel House	Pg. 8
Dream Village	Pg. 9
Eagle Springs Country Vacation Weekends	Pg. 9
Gam Yahad	Pg. 9
Girl Scouts of Southeastern Pennsylvania	Pg. 9
Githens Center	Pg. 9
Gloucester County Parks & Recreation	Pg. 9
Houseman Recreation Center	Pg. 10
JFCS: Special Needs Program	Pg. 10
Knoebels Amusement Resort	Pg. 10
Magee Rehabilitation Hospital	Pg. 10
Monmouth County Park System	Pg. 11
Outer Limits Upper Merion Park and Recreation Parks	Pg. 11
Philadelphia Recreation Department	Pg. 11

# Index - Activity Type

## General and Multi-Recreational Sites

Rally	Pg. 11
Somerset County Park Commission	Pg. 11
Special People in Northeast, Inc. (SPIN)	Pg. 12
Special Teens Project	Pg. 12
United Cerebral Palsy Association	Pg. 12

## Karate & Martial Arts

Amkor Karate Institute	Pg. 13
Hwang's Karate Studio	Pg. 13
Magee Rehab Hospital	Pg. 13
NJ Martial Arts Academy	Pg. 13

## Museums, Stadiums, Concerts and Sporting Events

Annenberg Theater	Pg. 14
Flyers Games	Pg. 14
Forrest Theater	Pg. 14
Franklin Institute	Pg. 14
Kimmel Center	Pg. 14
Mann Music Center	Pg. 15
Philadelphia Museum of Art	Pg. 15
Philadelphia Phillies Games	Pg. 15
Please Touch Museum	Pg. 15
Sixers Games	Pg. 15

## Performing and Visual Arts

Abington Art Center	Pg. 16
Academy of Community Music Services, Crescendo Music Program	Pg. 16
Allen's Lane Art Center	Pg. 16
Dancing Dots Braille Music Technology	Pg. 16
Energy Entertainment, Inc.	Pg. 17
George & Esther Horowitz Cultural Center	Pg. 17
Kardon Institute of the Arts for People with Disabilities	Pg. 17
National Theatre Workshop of the Handicapped (NTWH)	Pg. 17
Norcom Community Center	Pg. 17
NuVisions for Disabled Artists	Pg. 18
Scranton Cultural Center	Pg. 18
Sedgwick Cultural Center	Pg. 18
University City Arts League	Pg. 18
VSA Arts: Pennsylvania Council on the Arts (Local Affiliate of VSA)	Pg. 18

## Recreational/Social Clubs and Events

Access Services	Pg. 19
Arthritis Foundation	Pg. 19
Bald Eagle Wilderness Boys Camp	Pg. 19

# Index - Activity Type

## Recreational/Social Clubs and Events

Camp Dream Catcher	Pg. 19
Caring Place Youth Development Center	Pg. 20
Chambers Hill Adolescent Care Program	Pg. 20
Clelian Heights School for Exceptional Children	Pg. 19
Collage	Pg. 20
Country Ark Farm	Pg. 20
Dresden, Inc.	Pg. 20
Epilepsy Foundation of Eastern Pennsylvania	Pg. 21
Family Connections	Pg. 21
Four Diamonds Fund	Pg. 21
Friendship House	Pg. 21
Joni and Friends of Eastern Pennsylvania	Pg. 22
Pennsylvania School for the Deaf	Pg. 22
People Regardless of our Disabilities	Pg. 22
Scranton State School for the Deaf	Pg. 22
Second Mile	Pg. 23
Sprout, Inc.	Pg. 23
Supporting Autism and Families Everywhere (SAFE)	Pg. 23
Temple University Center for Excellence in Developmental Disabilities	Pg. 23
Youth Advocate Programs, Inc	Pg. 24

## State Parks: Outdoor Adventures

Blue Mountain Outfitters, Inc.	Pg. 24
Cherry Springs State Park	Pg. 24
Delaware Canal State Park	Pg. 24
EAA Aviation Foundation	Pg. 24
Fort Washington State Park	Pg. 25
Greenwood Furnace State Park	Pg. 25
Linn Run State Park	Pg. 25
Lyman Run State Park	Pg. 25
Moraine State Park Complex	Pg. 25
Mount Pisgah State Park	Pg. 25
Ohiopyle State Park	Pg. 25
Prince Gallitzin Park	Pg. 26
Ridley Creek State Park	Pg. 26
Tioga Hammond and Cowanesque Lakes	Pg. 26
Worlds End State Park	Pg. 26

## Summer Camps

Abington Township Bureau of Parks	Pg. 27
Adath Jeshurun Pre-school and Kindergarten	Pg. 27
Atlantic Coast Special Education Services	Pg. 27
Benchmark School	Pg. 27
Camp ARC Beaver	Pg. 27
Camp Black Rock Retreat Center	Pg. 28
Camp Bright Feathers	Pg. 28
Camp Can-Do I & II	Pg. 28
Camp Carousel Farm's Education Center	Pg. 28

# Index - Activity Type

## Summer Camps

Camp Echo Trail	Pg. 28
Camp Helping Hands I & II	Pg. 29
Camp JAYCEE	Pg. 29
Camp Joy	Pg. 29
Camp Lee Mar	Pg. 29
Camp Make-A-Dream	Pg. 29
Camp Make-A-Friend	Pg. 30
Camp Merry Heart	Pg. 30
Camp Overbrook in Sign	Pg. 30
Camp Ramah in the Poconos	Pg. 30
Camp Sequanota	Pg. 30
Camp SPIN	Pg. 31
Camp Sure Foot	Pg. 31
Carousel House	Pg. 31
Cross Road Summer Camp	Pg. 31
Easter Seals Society	Pg. 31
ESF Camps	Pg. 32
Freedom Valley Girl Scout Council of America	Pg. 32
HANDI*CAMP	Pg. 32
Houseman Recreation Center	Pg. 32
JCC Camps at Medford	Pg. 33
Keystone Pocono Camp	Pg. 33
Lions Camp Kirby	Pg. 33
Monmouth County Park System	Pg. 33
Mustard Seed Farm Camp	Pg. 33
PA Lions Beacon Lodge Camp	Pg. 34
Programs Employing People (PEP) Summer Camp	Pg. 34
Round Lake Camp of the New Jersey	Pg. 34
Summer Camp Program, Philadelphia Recreation Department	Pg. 34
Variety Club Camp and Developmental Center	Pg. 35

## Swimming and Aquatics

Abington Branch YMCA	Pg. 35
Ambler YMCA	Pg. 35
Carousel House	Pg. 35
Delaware County Branch YMCA	Pg. 36
Frankford YMCA	Pg. 36
Hatboro YMCA	Pg. 36
Kaiserman JCC	Pg. 36
O'Donnell Diving	Pg. 36
Philadelphia Rowing Program for People with Disabilities	Pg. 36
Underwater Discovery, Inc.	Pg. 37

## Trips and Vacations

Eagle Springs Country Vacation Weekends	Pg. 37
Exceptional Tours	Pg. 37
Guided Tour, Inc., The	Pg. 37

# Index - Activity Type

## Trips and Vacations

Special Vacations	Pg. 37
Sunshine Foundation - Dream Village	Pg. 38
Travel Information Service	Pg. 38
Travel Recreation Experiences in Camping	Pg. 38

## Index – Alphabetical Order

Abington Art Center.....	16
Abington Branch YMCA.....	35
Abington Township Bureau of Parks.....	27
Academy of Community Music Services, Crescendo Music Program.....	16
Access Services.....	19
Adath Jeshurun Pre-school and Kindergarten.....	27
Allen’s Lane Art Center.....	16
Ambler YMCA.....	35
Amkor Karate Institute.....	13
Annenberg Theater.....	14
Arthritis Foundation.....	19
Association for Developmental Disabilities.....	8
Atlantic Coast Special Education Services.....	27
Bald Eagle Wilderness Boys Camp.....	19
Benchmark School.....	27
Blue Mountain Outfitters, Inc.....	24
Boy Scouts of America.....	8
Camden County Parks and Recreation Department.....	8
Camelback Adapted Ski Program.....	3
Camp ARC Beaver.....	27
Camp Black Rock Retreat Center.....	28
Camp Bright Feathers.....	28
Camp Can-Do I & II.....	28
Camp Carousel Farm's Education Center.....	28
Camp Dream Catcher.....	19
Camp Echo Trail.....	28
Camp Helping Hands I & II.....	29
Camp JAYCEE.....	29
Camp Joy.....	29
Camp Lee Mar.....	29
Camp Make-A-Dream.....	29
Camp Make-A-Friend.....	30
Camp Merry Heart.....	30
Camp Overbrook in Sign.....	30
Camp Ramah in the Poconos.....	30
Camp Sequanota.....	30
Camp SPIN.....	31
Camp Sure Foot.....	31
Caring Place Youth Development Center.....	19
Carousel House.....	3, 8, 31, 35
Chambers Hill Adolescent Care Program.....	20
Cherry Springs State Park.....	24
Clelian Heights School for Exceptional Children.....	20
Collage.....	20
Country Ark Farm.....	20
Cross Road Summer Camp.....	31
Dancing Dots Braille Music Technology.....	16
Delaware Canal State Park.....	24
Delaware County Branch YMCA.....	36
Dream Village.....	9
Dresden, Inc.....	20
EAA Aviation Foundation.....	24

## Index – Alphabetical Order

Eagle Springs Country Vacation Weekends.....	9, 37
Easter Seals Society.....	31
Energy Entertainment, Inc.....	17
Epilepsy Foundation of Eastern Pennsylvania.....	21
ESF Camps.....	32
Exceptional Tours.....	37
Family Connections.....	21
Flyers Games.....	14
Forrest Theater.....	14
Fort Washington State Park.....	25
Four Diamonds Fund.....	21
Frankford YMCA.....	36
Franklin Institute.....	14
Freedom Valley Girl Scout Council of America.....	32
Freedom’s Wings International.....	3
Friendship House.....	21
Gam Yahad.....	9
George and Esther Horowitz Cultural Center.....	17
Girl Scouts of Southeastern Pennsylvania.....	9
Githens Center.....	10
Gloucester County Parks and Recreation.....	10
Golden Pony.....	6
Greenwood Furnace State Park.....	25
Guided Tour, Inc., The.....	37
HANDI*CAMP.....	32
Hatboro YMCA.....	36
Houseman Recreation Center.....	10, 32
Hwang's Karate Studio.....	13
JCC Camps at Medford.....	33
JFCS: Special Needs Program.....	10
Joni and Friends - Eastern Pennsylvania.....	22
Kaiserman Jewish Community Center.....	36
Kardon Institute of the Arts for People with Disabilities.....	17
Keystone Pocono Camp.....	33
Kimmel Center.....	14
Knoebels Amusement Resort.....	10
Linn Run State Park.....	25
Lions Camp Kirby.....	33
Lyman Run State Park.....	25
Magee Rehabilitation Hospital.....	10, 13
Mann Music Center.....	15
Monmouth County Park System.....	11, 33
Moraine State Park Complex.....	25
Mount Pisgah State Park.....	25
Mustard Seed Farm Camp.....	33
National Foundation for Happy Horsemanship for Handicapped Association.....	6
National Sports Center for the Disabled.....	3
National Theater Workshop of the Handicapped (NTWH).....	17
NJ Martial Arts Academy.....	13
Norcom Community Center.....	17
North American Riding for the Handicapped Association.....	6
NuVisions for Disabled Artists.....	18
O’Donnell Diving.....	36

## Index – Alphabetical Order

Ohiopyle State Park.....	25
Outer Limits Upper Merion Park and Recreation Program.....	11
PA Blind Athletes Association.....	3
PA Center for Adapted Sports.....	4
PA Lions Beacon Lodge Camp.....	34
Pegasus Riding Academy, Inc.....	6
Pennsylvania School for the Deaf Program.....	22
People Regardless of our Disabilities.....	22
PGM Gold Clinics, Inc.....	4
Philadelphia Museum of Art.....	15
Philadelphia Phillies Games.....	15
Philadelphia Recreation Department.....	11
Philadelphia Rowing Program for People with Disabilities.....	4, 36
Please Touch Museum.....	15
Prince Gallitzin Park.....	26
Programs Employing People (PEP) Summer Camp.....	34
Quest Therapeutics.....	6
Rally.....	11
Ridley Creek State Park.....	26
Round Lake Camp of the New Jersey.....	34
Scranton Cultural Center.....	18
Scranton State School for the Deaf.....	22
Sebastian Riding Association.....	7
Second Mile.....	23
Sedgwick Cultural Center.....	18
Sixers Games.....	15
Sled Hockey America.....	4
Somerset County Park Commission.....	11
Special Equestrian Therapeutic Riding and Driving Program.....	7
Special Olympics Philadelphia.....	4
Special People in Northeast, Inc.....	12
Special People United to Ride (SPUR).....	7
Special Teens Project.....	12
Special Vacations.....	37
Sprout, Inc.....	23
Summer Camp Program, Philadelphia Recreation Department.....	34
Sunshine Foundation - Dream Village.....	38
Supporting Autism and Families Everywhere (SAFE).....	23
Temple University Center for Excellence in Developmental Disabilities.....	23
Thorncroft Equestrian Center.....	7
Three Rivers Adapted Sports.....	5
Tioga Hammond and Cowanesque Lakes.....	26
Travel Information Service.....	38
Travel Recreation Experiences in Camping.....	38
Underwater Discovery, Inc.....	37
United Cerebral Palsy Association.....	5, 12
University City Arts League.....	18
US Paralympic Committee.....	5
Variety Club Camp and Developmental Center.....	35
VSA Arts: Pennsylvania Council on the Arts (Local Affiliate of VSA).....	18
Wheelchair Sports USA.....	5
Whitetail Ski Resort.....	5
Worlds End State Park.....	26
Youth Advocate Programs, Inc.....	24