



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



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*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

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, or your organization to important recreational opportunities designed to meet a variety of unique needs. Websites have been provided whenever possible for more information. Be sure to ask about accommodations for your specific 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. A special thank you goes to The Children's Hospital of Philadelphia Child Life and Occupational Therapy Departments, Daniele Blaney, MSW, 2005 LEND Social Work Fellow, Community Education Department for creating the 2004 edition. This current edition was updated by Alex Fox, Penn State University Class of 2007. Printing has been provided by Upper Merion Township Park and Recreation, King of Prussia, PA.

Be Safe and Have Fun!

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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 Summer 2006, 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. We apologize for any errors or omissions.

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Athletics

Blind Sports Organization

465 Maplewood Road
Springfield, PA 19064-2901
800-596-5146 302- 836-5784

Website: www.pablindsports.org

The Blind Sports Organization promotes, provides, and advocates sports, recreational, and social opportunities for people who are blind and visually impaired.

Camelback Adapted Ski Program

Boathouse Row
4 Kelly Drive
Philadelphia, PA 19130
215-765-5118

Website: www.centeronline.com

Email: pacenter@aol.com

Camelback Adapted Ski Program is a ski 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 Avenue and North Concourse Drive
Philadelphia, PA 19123-2606
215-685-0160

Website: <http://members.aol.com/carouselpa>

Email: carouselpa@aol.com

This recreational center is for people with all mental and physical disabilities. 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 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.

Freedom's Wings International, Inc.

P.O. Box 7076
East Brunswick, NJ 08816

Website: www.freedomswings.org

Email: president@freedomswings.org

Freedom's Wings International, Inc. offers 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
303-316-1540

Website: www.nscd.org/

Email: info@nscd.org

NSCD is an outdoor therapeutic recreation organization that enables thousands of children and adults with disabilities to take to the ski slopes, mountain trails and golf courses to learn more about sports - and themselves. With specially trained staff and its own adaptive equipment lab, the NSCD teaches a variety of winter and summer sports and activities to individuals with almost any physical, cognitive, emotional, or behavioral diagnosis.

Athletics

PA Center for Adapted Sports

Boathouse Row
4 Kelly Drive
Philadelphia, PA 19130
215-765-5118
Website: www.centeronline.com
Email: Pacenter@aol.com

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

Philadelphia Rowing Program for People with Disabilities

Boathouse Row
4 Kelly Drive
Philadelphia, PA 19130
215-765-5118
Website: 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 American

28 Cherry Circle
Blackwood, NJ 08012
856-232-4717
Website: www.sledhockeyamerica.com
Email: sledhockey@verizon.net

A sled hockey organization with local branches in Voorhees, NJ, Vineland, NJ and Northeast Philadelphia that offers a unique athletic experience to children with special needs.

Special Olympics Philadelphia

2900 Southhampton Road
Philadelphia, PA 19154
215-671-5069
Website: www.specialolympicsphiladelphia.org

Special Olympics Philadelphia is a volunteer led local program of Special Olympics Pennsylvania, coordinating training sites, annual competitions and travel of athletes to regional, state, national, and international competitions. Mission: To provide year-round sports training and athletic competition in a variety of Olympic type sports for Philadelphia's children and adults with mental retardation. To give athletes continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in the sharing of gifts, skills, and friendships with their families, other Special Olympics athletes, and the community.

Athletics

US Paralympic Committee

One Olympic Plaza
Colorado Springs, CO 80909
719-866-2038

Website: www.usparalympics.org

Email: John.Register@usoc.org

A division of the U.S. Olympic committee, committed to promoting and supporting athletes with physical disabilities. U.S. Paralympics is a division of the United States Olympic Committee (USOC), formed in 2001 to increase support for Paralympic sport in the USA. U.S. Paralympics coordinates the preparation and selection of athletes to U.S. Paralympic Teams, both summer and winter, in conjunction with pertinent National Governing Bodies (NGBs) and other partner organizations. U.S. Paralympics also works with national and locally-focused sport organizations that offer Paralympic programs to children and other developing athletes. Through these efforts, U.S. Paralympics promotes Olympic ideals throughout the American population, especially among those Americans who have physical disabilities. Paralympic Games are for those individuals with a physical disability and not developmental or intellectual disabilities.

Wheelchair Sports, USA

P.O. Box 5266
Kendall Park, NJ. 08824
719-574-1150

Website: www.wsusa.org

Email: wsusa@aol.com

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.skiwhitetail.com

Equipment is available for all ages for people with physical disabilities. Assistance and lessons are offered for people with disabilities including people with hearing or vision impairments. This resort is for skiing, snow boarding, and snow tubing. The majority of visitors are 8 and up. They have private lessons for younger children.

Equestrian/Horseback Riding

Golden Pony Ranch, Inc.

Mill Hollow, Route 3
Edgemont, PA. 19028
215-266-0769

Website: www.goldenponyranch.com/

Email: goldenponyranch@aol.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.

Equestrian/Horseback Riding

North American Riding for the Handicapped Association (NARHA)

P.O. Box 33150

Denver, CO 80233

800-369-RIDE

Website: www.narha.org

NARHA is a non-profit membership organization that fosters safe, professional, ethical and therapeutic equine activities through education, communication, standards and research for people with and without disabilities. NARHA has ensured that therapeutic riding is both safe for, and accessible to, those in need. NARHA represents a growing number of equine assisted therapies and activities, including recreational riding for individuals with disabilities, hippo-therapy, equine assisted psychotherapy, driving, vaulting, competition and other therapeutic and educational interactions with horses. NARHA is proud to provide opportunities for people with varying ability levels to challenge themselves physically and emotionally and to set goals to improve their quality of life via the horse.

Pegasus Riding Academy, Inc.

8297 Bustleton Avenue

Philadelphia, PA 19152

215-742-1500

Website: www.pegasusridingacademy.com

Email: pegasusk8@comcasr.net

Pegasus Riding Academy, Inc. offers a therapeutic horseback-riding program for people with disabilities. They evaluate every rider and based upon the riders' given needs a program is designed for them.

Quest Therapeutics

461 Cann Road

West Chester, PA 19382

610-692-6362

Website: www.questtherapeutic.com

Email: sandramccloskey@msn.com

Specializing in pediatric hippo therapy, using the horse as a tool in a treatment plan by a licensed therapist Quest Therapeutics strives to improve muscle tone, balance and walking for children and youth ages 2-18. In some cases, medical insurance will cover the cost of the sessions.

Sebastian Riding Association

3589B Water Street Road

Collegeville, PA 19426

610-489-3741

Website: www.sebastianriding.org

Email: sebastianriding@verizon.net

Sebastian's therapeutic program includes children 2 and up and adults with a wide range of physical, mental and emotional disabilities. They provide private therapeutic horseback riding lessons and hippo-therapy sessions. Participants must have a full medical history and a prescription filled out by their physician, and must also be individually evaluated by the program's physical therapist to determine their ability to take part in mounted horse activities. While their mounted activities are limited to participants who weigh less than 180 pounds (due to safety issues and the health of our horses) they do offer un-mounted horsemanship programs to youth that are over this weight limit. Participants in the un-mounted program learn to groom, handle, care for, bathe, feed, and lead horses, as well as learning concepts of horse behavior, horse science, veterinary and hoof care. They do not serve clients who have physical issues which are contraindications to horseback riding.

Equestrian/Horseback Riding

Special Equestrian Therapeutic Riding and Driving Program

2800 Street Road
Warrington, PA 18976
215-918-1001
Website: www.specialequestrians.org
Email: specialeques@enter.net

Special Equestrian is a therapeutic riding program which also offers un-mounted lessons which incorporates grooming, care and feeding of the horses.

Special People United to Ride (SPUR)

805 Newman Springs Road
Lincroft, NJ 07738
732-224-1367
Website: www.spuronline.org

SPUR is a therapeutic riding program that provides services to adults and children with disabilities. Riders must be at least four (4) years of age to participate. Their goals include: To provide individuals with disabilities an opportunity to participate in a horseback riding program; to improve physical condition of participants through increased muscle strength, relaxation, mobility, balance, and coordination; to improve the quality of life of participants through increased awareness, body image and self-confidence; to increase socialization and interpersonal relationships with people and horses while providing an enjoyable recreation experience; to enhance individual riding skills to the best of a person's abilities.

Thorncroft Equestrian Center

190 Line Road
Malvern, PA 19355
610-644-1963
Website: www.thorncroft.org
Email: sallie@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, age 20 and older, the opportunity to learn independence skills while meeting and having fun with people their own age. There are 3 different social group discussions in Springhouse, Elkins Park, and on the Main Line.

General and Multi-Recreational Sites

Boy Scouts of America

Cradle of Liberty Council
22nd and Winter Streets
Philadelphia, PA 19103
215-988-9811
610-688-6900 Delaware/Montgomery County
Website: 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.

Camden County Parks and Recreation Department

1301 Park Boulevard
Cherry Hill, NJ 08002-3752
856-216-2121

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

Carousel House

Belmont Avenue and North Concourse Drive
Philadelphia, PA 19123-2606
215-685-0160
Website: <http://members.aol.com/carouselpa>
Email: carouselpa@aol.com

This recreational center is for people with all mental and physical disabilities. 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 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.

Dream Village

Sunshine Foundation
5400 County Road
Davenport, FL 33837
863-424-4188
Website: <http://www.sunshinefoundation.org/dreamvillage.html>
Email: florida@sunshinefoundation.org

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
Website: <http://www.eaglespringsprograms.com/>

Eagle Springs provides activity weekends for people 18-80 years of age with special needs September through May. 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.

General and Multi-Recreational Sites

Gam Yahad

Jewish Family and Children's Services
10125 Verree Road
Philadelphia, PA 19116
215-673-0100 215-496-9700
Website: www.jfcsphil.org

Gam Yahad is a free program that brings youth 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 Jewish holidays or an educational theme through song, dance, art project or video. Simultaneously, parents and siblings are invited to discussions and workshops on topics of interest.

Girl Scouts of Southeastern Pennsylvania

330 Manor Road
Miquon, PA 19444
215-564-4657
Website: 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 for troops in your neighborhood.

Githens Center

Burlington County Cerebral Palsy Association
40 Cedar Street
Mount Holly, NJ 08060
609-261-1667
609-261-1844
Website: www.githenscenter.org

In addition to a school program for children 3-13 years of age this center provides after school care, respite care, recreational programs, therapies, and other services for children and adults with disabilities. Programs include advocacy, social development, family support, a library, etc.

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

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
Email: taplink@comcast.net

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. The summer camp is for children ages 7-21 who are mentally disabled.

General and Multi-Recreational Sites

Knoebels Amusement Resort

Route 487
Elysburg, PA 17824
570-672-2572
800- ITS-4FUN
Website: www.knoebels.com

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

Magee Rehabilitation Hospital

1513 Race Street
Philadelphia, PA 19102
215-587-3000
Website: www.mageerhab.org

Magee Rehabilitation Hospital offers an accessibility guide to wheelchair sports programs and dining in Center City for people with disabilities. Magee's programs service adults and children 14 and over with physical disabilities. They tend to send children younger than 18 to Katie's Komets for wheelchair sports so they can be grouped socially and physically with their peers. Their programs are geared to people who are physically disabled. Their programs are minimally staffed and require the participant to be independent in decision-making and need little to no supervision.

Monmouth County Park System

Therapeutic Recreation Services
805 Newman Springs Road
Lincroft, NJ 07738
732-460-1167
Website: 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.

Norcom Community Center

10980 Norcom Road
Philadelphia, PA 19154
215-613-1070
Website: www.nccfun.org
Email: dmiazio@spininc.org

All activities are inclusive. Programs include but are not limited to summer camp for 5-12year olds; summer teen group for 13-18; cooking; Pee Wee soccer and hockey; karate; teen beginner boxing, etc.. They have a weekend program that goes to dinner, plays, movies, mini golf, variety of special events; sporting events, etc.

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

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

General and Multi-Recreational Sites

Philadelphia Recreation Department

1515 Arch Street, 10th Floor
Philadelphia, PA 19102
215-683-3600

Website: www.phila.gov/recreation/

Email: herb.moskovitz@phila.gov

The Philadelphia Recreation Department offers an accessibility guide for recreation centers and playgrounds. They also offer teen dances, movie nights, and many other different fun events.

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

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.

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.

United Cerebral Palsy Association

Community Recreation Services
102 East Mermaid Lane
Philadelphia, PA 19141
215-242-4200

Website: www.ucpphila.org

Website for hockey program: www.philadelphiapowerplay.com

Email: recreation@ucpphila.org

Community Recreation Services is primarily for individuals over 21 years old 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. There is a power wheelchair floor hockey program and a track and field one-day event at Chestnut Hill Academy for children and adults with physical disabilities. The event is the Philadelphia Sports Meet and is held annually in May.

Karate and Martial Arts

Amkor Karate Institute

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

Website: www.amkorkarate.com

Email: sabomnim@amkorkarate.com

This karate organization has 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: hwangkarate.com

Email: kyosadel@hwangkarate.com

This martial arts facility primarily works with children with autism and cerebral palsy between the ages of 4 and 18. Children with a wide variety of developmental disabilities are offered a recreational and social program to give them the opportunity to improve their balance, coordination, attention, social skills and self-esteem while working with instructors and occupational/physical therapists. There are group settings to improve social skills and private lessons are offered for those that have difficulty tolerating groups.

NJ Martial Arts Academy

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

Website: www.newjerseymartialartsacademy.com

Email: shihan@newjerseymartialartsacademy.com

info@newjerseymartialartsacademy.com

NJ Martial Arts Academy offers over 25 types of martial arts training for children over the age of 3.

Museums, Concerts, Stadiums and Sporting Events

Annenberg Theater

3680 Walnut Street
Philadelphia, PA 19104-6219
Box Office Information: 215-898-3900
Administrative Offices: 215-898-6701

Website: www.pennpresents.org

The Annenberg Center, which is on the University of Pennsylvania campus, serves the university and greater community with everything from classical music and theatre to music, jazz, and dance. Its mission is to serve the University of Pennsylvania and the greater Delaware Valley region as a comprehensive performing arts center of national reputation, distinguished by a broad-based program of music, theatre, dance, arts education and outreach for adults and young people.

Museums, Concerts, Stadiums and Sporting Events

Flyers Games

Wachovia Center Complex
3601 South Broad Street
Philadelphia, PA 19148
215-755-9700
215-389-9599 TDD
Website: www.philadelphiaflyers.com

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.

Forrest Theater

1114 Walnut Street
Philadelphia, PA, 19107
215-923-1515
Website: www.forrest-theatre.com/

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

Franklin Institute

20th Street and Benjamin Franklin Parkway
Philadelphia, PA 19103
215-448-1200
Website: 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 the main ticketing areas in the Bartol Atrium and the 20th Street entrance. American Sign Language and sound device services are 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
Email: info@kimmelcenter.org

The Kimmel Center is a fully accessible center for the performing arts and hosts a variety of different music groups and events.

Mann Music Center

5201 Parkside Avenue
Philadelphia, PA 19131
215-893-1999
Website: <http://www.manncenter.org/>

The Mann Center for the Performing Arts is the only outdoor cultural arts venue in the Philadelphia region offering orchestra to opera, dance to drumming, pops and jazz to rock and roll. Wheelchair accessible seating, sound enhancement, and handicap accessible parking may be obtained by appointment.

Museums, Concerts, Stadiums and Sporting Events

Philadelphia Museum of Art

26th and Benjamin Franklin Parkway
P.O. Box 7646
Philadelphia, PA 19101
215-763-8100 215-684-7500
Website: www.philamuseum.org
Email: info@philiamuseum.org

The Philadelphia Museum of Art 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

Call for information on accessibility and special entrances.

Please Touch Museum

210 North 21st Street
Philadelphia, PA 19103
215-963-0667
Website: 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 South Broad Street
Philadelphia, PA 19148
215-339-7676
215-389-9599 TDD
Website: 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.

Performing and Visual Arts

Please call or check their website for the most up-to-date information.

Abington Art Center

515 Meetinghouse Road
Jenkintown, PA 19046
215-887-4882
Website: 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.

Performing and Visual Arts

Academy of Community Music Services

Broad and Locust Streets
Philadelphia, PA 19102
215-233-3020
215-893-1999

Website: <http://www.academyofmusic.org>

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.

Actor's without Boundaries

750 East Haverford Road
Bryn Mawr, PA 19010
610-581-1000, Extension 219

Website: www.christinerouse.com

Email: crouse@esfcamps.com

Teens and young adults with disabilities experience performing in the Philadelphia area.

Allen's Lane Art Center

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

Website: www.allenslane.org

Email: amy@allenslane.org

Allen's Lane Art Center 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

Website: www.dancingdots.com

Email: info@dancingdots.com

Dancing Dots provides a variety of services and products for musicians who are blind in Pennsylvania.

Energy Entertainment, Inc.

200 S Railroad Street
Myerstown, PA 17067

Website: http://home.comcast.net/~energy_lady/energy.htm

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.

Performing and Visual Arts

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

The George and 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. There is a summer arts enrichment program.

Kardon Institute of the Arts for People with Disabilities

10700 Knights Road

Philadelphia, PA 19114

215-637-2077

Website: www.kardoninstitute.org

The Kardon Institute offers individual and group music, dance therapy and education for children, teens and adults, ages 2 ½ - 80+ who have disabilities. Its programs are available in South, West and Northeast Philadelphia, Germantown, Jenkintown and Doylestown. Services are provided at reduced fees based on financial need.

National Theatre Workshop of the Handicapped (NTWH)

New York Offices

535 Greenwich Street

New York, NY 10013

212-206-7789

Maine Campus

96 Church Street

Belfast, ME 04915

207-338-6894

Website: <http://www.ntwh.org/>

Email: admissions@ntwh.org

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. In addition to offering the highest level of professional academic instruction in acting, oral interpretation, music, movement, dance, playwriting, theatre management and technical theatre, NTWH teaches students how to present themselves off the stage as well. Students master a wide range of communication skills as performers which are applicable in the workplace.

NuVisions for Disabled Artists

1319 Magee Avenue

Philadelphia, PA 19111

610-449-9928

Website: home.att.net/~hbedelstein

Email: hbedelstein@att.net

NuVisions encourages artists with physical disabilities by providing exhibition and educational opportunities, as well as the shared sensitivity and emotional support needed for personal and professional growth. Programs include group exhibitions, artists' dialogues, workshops, demonstrations and access to a variety of art, marketing and transportation resources adapted to individual needs. While exhibitions are limited to artists with physical disabilities, membership is open to all art lovers, creating an environment conducive to creativity, collaboration and success. NuVisions serves the Southeastern Pennsylvania and Southern New Jersey area

Performing and Visual Arts

Scranton Cultural Center

420 N Washington Avenue
Scranton, PA 18503
570-346-7369 570-344-1111
888-669-8966

Website: www.scrantonculturalcenter.org

Email: info@scrantonculturalcenter.org

Scranton Cultural Center offers a variety of productions, programs and activities including plays, pottery, art, and music options.

Sedgwick Cultural Center

7137 Germantown Avenue
Philadelphia, PA 19119
215-248-9229

Website: www.sedgwickcenter.org

Email: info@sedgwickcenter.org

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

University City Arts League

4226 Spruce Street
Philadelphia, PA 19104
215-382-7811

Website: www.ucartsleague.org

Email: info@ucartsleague.org

University City Arts League offers inclusive children's programs, including cartooning, Japanese animation, clay clubs, and movement and music classes in West Philadelphia. There is limited wheelchair accessibility.

VSA Arts: Pennsylvania Council on the Arts

818 Connecticut Avenue, NW, Suite 600
Washington, D.C. 20006
202-628-2800
800-933-8721

Website: www.artsnet.org/pca Pennsylvania Council on the Arts
www.vsarts.org/

Email: keswartz@state.pa.us

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.

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**

Access Services is a multi-purpose agency centered on the needs of individuals with disabilities that offers recreational opportunities through various programs and events in addition to support and clinical services. Their vision for people with developmental disabilities is that they have the opportunity to be active members of their local neighborhoods, to work, belong and contribute to their communities.

Arthritis Foundation

**219 North Broad Street, Suite 2
Philadelphia, PA 19107
215-564-9800
800-355-9040
Website: www.arthritis.org/events
Email: info.epa@arthritis.org**

The Arthritis Foundation 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**

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
Email: info@campdreamcatcher.org campdreamcatcher@kennett.net**

Camp Dream Catcher sponsors activities such as dances, picnics and parties for children with HIV and children of family members living with HIV. Their programs are specifically for HIV/AIDS infected and/or affected youth. This camp offers a one week therapeutic and educational camp session, weekend retreats, monthly support groups, reunion parties, HIV/AIDS training/education and community outreach.

Caring Place Youth Development Center

**931 Hamilton Street
Allentown, PA 18101
610-433-5683 610-820-8336
Website: www.thecaringplace.org
Email: cplace200@aol.com**

Various activities, support, advocacy, and summer recreational activities for youth ages 6-18 are provided.

Recreational/Social Clubs and Events

Country Ark Farm

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

Website: www.countryvarkfarm.org

Email: countryvarkfarm@earthlink.net hallmant@dm.org

Country Ark Farm is a non-profit foundation located in Pennsylvania which provides recreational, pet and art therapy experiences for children and adults who are mentally, emotionally and/or physically challenged. The foundation is housed on a 26 acre farm and is also home to a menagerie of cows, pigs, goats, birds, sheep, horses, dogs and countless other well socialized animals ready to be touched and experienced.

Epilepsy Foundation Eastern PA

919 Walnut Street, Suite 700
Philadelphia, PA 19107
215-629-5003
800-887-7165

Website: 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. Their service area includes Berks, Bucks, Carbon, Chester, Delaware, Lackawanna, Lancaster, Lehigh, Luzerne, Monroe, Montgomery, Northampton, Philadelphia, Pike, Schuylkill, Susquehanna, Wayne and Wyoming counties where approximately 65,000 individuals with epilepsy reside.

Family Connections

Wayne Presbyterian Church
125 E Lancaster Avenue
Wayne, PA 19087
610-688-8700

Website: www.waynepres.org <http://www.wayneyouth.com/>

Family Connections 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.

Four Diamonds Fund

Penn State Milton S. Hershey Medical Center
Office of University Development, A120
600 Centerview Drive, P.O. Box 852
Academic Support Building, Suite 1103
Hershey, PA 17033-0852
717-531-6086
717- 531-7939

Website: www.hmc.psu.edu/fourdiamonds/events/index.htm

Email: sfirestone1@psu.edu

Four Diamonds Fund provides events to support those families and children living with cancer, though all are welcome and encouraged to attend.

Joni and Friends - Eastern PA

5307 Main Street
East Petersburg, PA 17520
717-509-6170

Website: 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.

Recreational/Social Clubs and Events

Pennsylvania School for the Deaf (PSD)

100 W. School House Lane
Philadelphia, PA 19144
215-951-4700 215-951-4701
TTY: 215-951-4703
Website: www.psd.org
Email: info@psd.org

PSD provides bi-weekly activities for families of deaf children and children with hearing impairments. Events include zoo trips, fashion shows, games, and athletic activities. 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

PROUD 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.

Second Mile, The

1402 S. Atherton Street
State College, PA 16801
814-237-1719
Website: www.thesecondmile.org
Email: office@thesecondmile.org

Southeast Region

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

The Second Mile 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.gosprou.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.

Recreational/Social Clubs and Events

Supporting Autism and Families Everywhere (SAFE)

SAFE, Inc.
237 Old River Rd.
Wilkes-Barre, PA 18702
877-510-7233
Website: www.autismsafe.org
Email: safeoffice@autismsafe.org

SAFE 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

Provides various programs, events and opportunities for children, teens, and families living with a developmental disability.

Youth Advocate Programs, Inc

2007 North Third Street,
Harrisburg, PA 17102
717-232-7580
Website: www.yapinc.org
Email: ckubiak@yapinc.org

Youth Advocate Programs, Inc. is 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. The Advocate Programs are providing services in Pennsylvania, New Jersey, New York, Texas, Ohio, Florida, South Carolina, Arizona, Louisiana and Washington, D.C. All programs are non-residential, community-based and family-focused.

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.

103 South State Road,
Marysville, PA 17053
717-957-2413.
Website: www.bluemountainoutfitters.net
Email: mail@bluemountainoutfitters.net

Blue Mountain Outfitters, Inc. has tours and parties for the whole family.

State Parks: Outdoor Adventures

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
Email: lymanrunsp@state.pa.us

The campsites include a picnic table, lantern hanger and fire ring. Reservations are not accepted. The campground is open from the second Friday in April and closes in December.

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
Email: delawarecanalsp@state.pa.us

Recreation opportunities include trails, fishing, canoeing, and camping. If you need an accommodation to participate in park activities due to a disability, contact the Pennsylvania Bureau of State Parks: 888-PA-PARKS (voice) or 888-537-7294 (TTY).

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

Fort Washington State Park offers picnicking, softball fields, tent camping, fishing, hiking, dog walking, and an observation deck. Winter activities include sledding, tobogganing, and cross country skiing. If you need an accommodation to participate in park activities due to a disability, contact the Pennsylvania Bureau of State Parks: 888-PA-PARKS (voice) or 888-537-7294 (TTY).

Greenwood Furnace State Park

15795 Greenwood Road
Huntingdon, PA 16652-5831
814-667-1800
Website: www.dcnr.state.pa.us/stateparks/parks/greenwoodfurnace.aspx

Greenwood Furnace State Park offers camping, swimming, fishing, hunting, picnicking, and snack bar. Winter activities include ice skating and a snowmobiling trailhead. If you need an accommodation to participate in park activities due to a disability, please contact the Pennsylvania Bureau of State Parks: 888-PA-PARKS (voice) or 888-537-7294 (TTY).

Linn Run State Park

Linn Run Road
Rector, PA 15677
724-238-6623
888-727-2757
Website: <http://www.dcnr.state.pa.us/stateparks/Parks/linnrun.aspx>

Linn Run State Park offers fishing, horseback riding, picnicking, snowmobiling, cabins, hunting, and hiking. If you need an accommodation to participate in park activities due to a disability, please contact the Pennsylvania Bureau of State Parks: 888-PA-PARKS (voice) or 888-537-7294 (TTY)

State Parks: Outdoor Adventures

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

Lyman Run State Park offers camping, ATV trail, stream fishing, snowmobiling, picnicking, and hunting. If you need an accommodation to participate in park activities due to a disability, please contact the Pennsylvania Bureau of State Parks: 888-PA-PARKS (voice) or 888-537-7294 (TTY).

Moraine State Park

225 Pleasant Valley Road
Portersville, PA 16051
724-368-8811
888-727-2757

Website: www.dcnr.state.pa.us/stateparks/parks/moraine.aspx

Moraine State Park offers hiking, biking, trail biking, horseback riding, picnicking, swimming, boating, fishing, hunting, wildlife watching, cross-country skiing, sledding, snowmobiling, ice fishing, ice skating, organized group tenting, cabins, and camping. If you need an accommodation to participate in park activities due to a disability, contact the Pennsylvania Bureau of State Parks: 888-PA-PARKS (voice) or 888-537-7294 (TTY)

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

Mount Pisgah State Park offers boating, hiking, hunting, swimming, picnicking, ice skating, snowmobiling, and fishing. If you need an accommodation to participate in park activities due to a disability, contact the Pennsylvania Bureau of State Parks: 888-PA-PARKS (voice) or 888-537-7294 (TTY).

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

Ohiopyle State Park offers Hiking, Biking, Trail Biking, Horseback Riding, Picnicking, Fishing, Hunting, Waterslides, Wildlife Watching, Cross-country Skiing, Sledding, Snowmobiling, Organized Group Tenting, Camping Cottages, Scale of River Difficulty, and Whitewater Boating. If you need an accommodation to participate in park activities due to a disability, contact the Pennsylvania Bureau of State Parks: 888-PA-PARKS (voice) or 888-537-7294 (TTY).

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

Prince Gallitzin Park offers boating, hunting, picnicking, bridle trail, biking, mountain biking, fishing, swimming, cabin, camping, and organized group tenting. Winter activities include cross-country skiing, snowmobiling, and iceboating. If you need an accommodation to participate in park activities due to a disability, contact the Pennsylvania Bureau of State Parks: 888-PA-PARKS (voice) or 888-537-7294 (TTY).

State Parks: Outdoor Adventures

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

Ridley Creek State Park offers hiking, picnicking, fishing, bicycling, jogging, horseback riding, group tent camping, cross-country skiing, and sledding. If you need an accommodation to participate in park activities due to a disability, contact the Pennsylvania Bureau of State Parks: 888-PA-PARKS (voice) or 888-537-7294 (TTY).

Tioga Hammond and Cowanesque Lakes

US Army Corps of Engineers
RD 1 Box 65
Tioga, PA 16964
570-835-5281

Website: <http://www.nab.usace.army.mil/recreation/cowanesque.htm>

Tioga Hammond and Cowanesque Lakes offers boating, hiking, swimming, picnicking, hunting and camping.

Worlds End State Park

P.O. Box 62
Route 154
Forksville, PA 18616
570-924-3287
TTY: 800-654-5984

Website: <http://www.dcnr.state.pa.us/stateparks/parks/worldsend.aspx>

Worlds End State Park offers hiking, picnicking, swimming, whitewater boating, fishing, cross-country skiing, snowmobiling and camping.

Summer Camps

Abington Township Bureau of Parks

515 Meetinghouse Road
Jenkintown, PA 19046
215-576-5213

Website: http://www.abington.org/parksrec/downloads/2006_brochure.pdf

Abington Township offers several programs for children and teenagers with disabilities for residents of Eastern Montgomery County.

Adath Jeshurun Pre-school and Kindergarten

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

Website: <http://www.adathjeshurun.info/preschool/camp.html>

Adath Jeshurun provides a Jewish cultural experience that is open to non-Jewish children. Activities include tee ball, basketball, swimming instruction, soccer, pony rides, talent shows, weekly special programs, arts and crafts, and cooking. There is a program for children with developmental or physical disabilities 3-5 years old.

Summer Camps

Atlantic Coast Special Education Services

Camp Atlantic
P.O. Box 7273
McLean, Virginia 22106-7273
866-429-7878
Website: www.atlanticcoast.org
Email: campatlantic@cox.net

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.

Benchmark School

2107 North Providence Road
Media, PA 19063
610-565-3741
Website: www.benchmarkschool.org
Email: benchmarkinfo@benchmarkschool.org

Benchmark School 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.

Camp ARC Spencer

3582 Brodhead Road, Suite 202
Monaca, PA 15061
724-775-1602 724-758-2260
Website: <http://www.campdepot.com/camps/c291.html>

This is a residential camp in Emlenton, PA for individuals' ages 8 to senior citizens who have developmental disabilities, physical disabilities and learning disabilities. They offer baseball, basketball, climbing/ rappelling, rope courses, soccer, softball, swimming, volleyball, arts and crafts, drawing/painting, music, camping/camp fire, canoeing/kayaking, fishing, international exchange, talent show and archery.

Camp Black Rock Retreat Center

1345 Kirkwood Pike
Quarryville, PA 17566
717-529-3232 800-858-9299
Website: http://www.blackrockretreat.org/camp_special.htm

This is a one-week residential camp for individuals 7-17 with mental and physical disabilities. Financial aid and scholarships are available. Some of the activities offered are swimming, arts and crafts, wilderness class, drama and archery.

Camp Bright Feathers

YMCA Camp Ockanickon
1303 Stokes Road
Medford, NJ 08055
609-654-8225 800-442-2267
Website: www.ycamp.org

YMCA Camp Ockanickon has several unique programs to serve a broad range of diverse participants including individuals with AIDS.

Summer Camps

Camp Can-Do I & II

American Cancer Society
1626 Locust Street
Philadelphia, PA 19103
215-985-5311 570-387-0834
Website: 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 is provided from central pick-up site to the campgrounds.

Camp Carousel Farm's Education Center

Rainbow Carousel Farm's
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.

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

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

Camp Helping Hands I & II

415 Hoffmansville Road
Bechtelsville, PA 19505
610-754-6491
Website: www.helpinghandsinc.com

Camp Helping Hands I is a social and recreational residential camp for ages 5 and older. Camp Helping Hands II offers weekly "down the shore" vacations. Transportation provided from Bechtelsville to Ocean City. There are program fees with some funding available from Offices of Mental Retardation.

Camp JAYCEE

198 Ziegler Road
Effort, PA 18330
732-246-2526
570-629-3291 (Camp Site)
Website: www.campjaycee.org

This is a residential camp for children and adults with developmental disabilities. Activities include swimming, arts and crafts, dance, music, sports, games, nature and boating.

Summer Camps

Camp Joy

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

Website: 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. Activities include swimming, horseback riding, music, dances, arts and crafts, drama, field trips, etc.

Camp Lee Mar

805 Redgate Road
Dresher, PA 19025
215-658-1708 570-685-7188

Website: 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. 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: <http://www.campdream.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.

Camp Make-A-Friend

Easter Seals Society
3975 Conshohocken Avenue
Philadelphia, PA 19131
215-879-9327

Website: <http://www.taplink.org/montoths9.htm>

This is a recreational day camp for individuals 4-21 years with physical and intellectual disabilities. The campers participate in age appropriate activities such as arts and crafts, swimming, singing, athletics, group games, nature activities and special events. All activities are adapted to a camper's specific needs, providing each camper with a summer filled with recreational activities and therapeutic development.

Camp Merry Heart

Easter Seals Society of New Jersey
21 O'Brien Road
Hackettstown, NJ 07840
908-852-3896 ext. 109

Website: http://nj.easterseals.com/site/PageServer?pagename=NJDR_camping_recreation

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.

Summer Camps

Camp Overbrook in Sign

222 North 17th Street, 8th Floor
Philadelphia, PA 19103
215-587-3913

A 2 week summer day camp for children who are deaf and hearing impaired.

Camp Ramah in the Poconos

261 Old York Road, Suite 734
Jenkintown, PA 19046
215-885-8556 Ramah National Office: 212-678-8881
Website: www.campramah.org

This is a Conservative Jewish educational and kosher residential camp in Lake Como, Pa. The camp has a hearing impaired program as part of the camp. Camp Ramah has other locations for children with special needs.

Camp Sequanota

Lutheran Camp Association
P.O. Box 245
Jennerstown, PA 15547
814-629-6627
Website: http://www.sequanota.com/public_html/

Camp Sequanota is a day and residential camp for individuals and families (ages 6-100) with physical and mental disabilities. Financial aid and scholarships are available. They can offer lodging from cabins to motel-style rooms, food service, and many recreational opportunities on 413 beautiful acres at the base of the Laurel Ridge.

Camp Sure Foot

Easter Seals Society
2400 Trenton Road
Levittown, PA 19056
215-879-1000
Website: 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
Website: <http://region.philly.com/community/carouselhouse>
Email: carouselpa@aol.com

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.

Cross Road Summer Camp

29 Pleasant Grove Road
Port Murray, NJ 07865
908-832-7264
Website: <http://www.crossroadsretreat.com/>
Email: crossroadsom@yahoo.com

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

Summer Camps

Easter Seals Society

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

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

ESF Camps

Winter Headquarters
750 East Haverford Road
Bryn Mawr, PA 19010
215-247-7010 800-529-CAMP
Website: www.esfcamps.com
Email: info@esfcamps.com

ESF offers several inclusive camps: Day Camp 4-8, Sports Camp, Senior Camp and Phillies Baseball Academy. Day Camp offers arts and 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 and theatre, business, magic, outdoor living skills, building and design, and cooking. Phillies Baseball Academy is for ages 7-14. There are multiple locations in Pennsylvania and New Jersey.

Freedom Valley Girl Scout Council of America

P.O. Box 814
100 Juliette Low Way
Valley Forge, PA 19482
610-933-7555
800-355-3847
Website: www.gsfvc.org

This is an inclusive camp for girls 5-17 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
Website: <http://hvmi.org/>
Email: HandiCamp@hvmi.org

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. Have different 5 day/4 night sessions for particular age groups.

Houseman Recreation Center

5091 Summerdale Avenue
Philadelphia, PA 19124
215-685-1240 215-535-9655
Website: www.taplink.org/philahouseman.htm

Houseman runs a camp for children ages 7-21 who are developmental disabled. Bus transportation provided at selected stops in Northeast Philadelphia. There are field trips, swimming, arts and crafts, sports, low-organized games, etc.

Summer Camps

JCC Camps at Medford

Open Hearts-Open Doors

1301 Springdale Road

Cherry Hill, NJ 08003

856-751-1666

Website: www.katzjcc.org/camps/homepage.asp

Email: jccamps@medford.org [.eeelias@jifedsnj.org](mailto:eeelias@jifedsnj.org)

This is a day camp for all children. The goal of the camp is to expose children with disabilities to informal Jewish education, Jewish identification, and Jewish pride and to develop social skills and friendships with non-disabled peers. This camp also wants to promote independence and community acceptance and to offer non-disabled children opportunities to learn about disabilities and the support of individuals with disabilities. For an application, contact the director of special needs services: 856.424.4444 x114

Lions Camp Kirby

1735 Narrows Hill Road

Upper Black Eddy, PA 18972

610- 982-5731

Website: 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 scholarships may be available. The groups run from ages 8-15 years old.

Monmouth County Park System

Therapeutic Recreation Services

805 Newman Springs Road

Lincroft, NJ 07738

732.842.4000

Website: 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.

Mustard Seed Farm Camp

Christian Camp for Special Children

634 King Street

Pottstown, PA 19464

610-323-8866

Website: 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. Youth, between the ages of 6 and 21 years of age, who are classified as learning disabled, mentally retarded or sensory impaired are eligible for camp. Special counseling groups and programming are available for the deaf.

Norcom Community Center Summer Camp

10980 Norcom Road

Philadelphia, PA 19154

215-613-1074 215 698-3060

Website: www.nccfun.org

This camp is for children 5-11 with disabilities offering swimming, trips, sports, arts & crafts, movies, games, and more.

Summer Camps

PA Lions Beacon Lodge Camp

**114 SR 103 South
Mount Union, PA 17066-9601
814-542-2511
Website: www.beaconlodge.com**

This residential summer camp serves a wide range of children with disabilities. The camp provides services for youth with special needs including blindness, deafness, and many other physical and mental challenges. A special program at Beacon Lodge has been designed, taking into consideration the individual needs and abilities of each camper. They have many group and individual activities, all geared toward fun with an educational theme. Their most important goal in everything they do is to motivate each person to focus on what they can do, not what they can't. The camp has a Children's Village, for campers ages 6-17, and the adult group for campers ages 18 and over. 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**

PEP 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. The camp is staffed by certified special education teachers. The camp provides free transportation (normally limited to South Philadelphia), lunch, and an afternoon snack.

Round Lake Camp of the New Jersey

**YMHA-YWHA Camps
Winter Office:
21 Plymouth Street
Fairfield, NJ 07004
973-575-3333(Winter Office)
Summer Office:
570 Sawkill Road
Milford, PA 18337-7050
570- 296-8596(Summer Office)
Website: www.njycamps.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 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.

Summer Camps

Variety Camp and Developmental Center

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

This is a year-round recreation and conference center offering 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 scholarships 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/**

This Y has a wheelchair accessible pool and facilities. Programs include adult leagues, aquatics, youth leagues, birthday parties, a camp, adult dances, gymnastics, health and fitness, weight watchers, and more.

Ambler YMCA

**400 North Bethlehem Pike
Ambler, PA 19002
215-628-9950
Website: www.amblerymca.org/**

This Y has a wheelchair accessible pool and facilities. Programs include adult leagues, aquatics, youth leagues, birthday parties, a camp, adult dance, gymnastics, health and fitness, weight watchers, etc.

Carousel House

**Belmont Avenue and North Concourse Drive
Philadelphia, PA 19123-2606
215-685-0160
Website: <http://members.aol.com/carouselpa>
Email: carouselpa@aol.com**

This recreational center is for people with all mental and physical disabilities.

Delaware County Branch YMCA

**SNAP (Special Needs Aquatics Program)
Garrett Road and Lansdowne Avenue
Lansdowne, PA 19050
610-259-1661
Website: <http://www.communityymca.org/>**

Wheelchair accessible pool and facilities, as well as a variety of classes and exercise activities. Programs include child care, family, arts, a camp, sports, aquatics, health and fitness, etc.

Swimming and Aquatic Activities

Frankford YMCA

111 W Park St
Franklin, PA 16323
814-432-2138
Website: www.franklinymca.org

Frankford has a fitness center, wheelchair accessible pool and facilities and sports.

Hatboro YMCA

440 S. York Road
Hatboro, PA 19040
215-674-4545
Website: www.ymcahatboro.org/

Programs include a wheelchair accessible pool and facilities, adult leagues, youth leagues, birthday parties, a camp, adult dance, gymnastics, health and fitness, weight watchers, etc.

Kaiserman Jewish Community Center

45 Haverford Road
Wynnewood, PA 19096
610-896-7770
Website: www.phillyjcc.com/branches/kaiserman.html

There are several programs and activities for youth including a wheelchair accessible pool and facilities.

O'Donnel Diving

3036 Germantown Pike
Norristown, PA 19403
610 635-0200
Website: <http://www.odonneldiving.com/>

This program offers adapted scuba diving lessons and certification in different locations.

Underwater Discovery, Inc.

2722 Rt. 37 East
Toms River, NJ 08754
732-270-9100
Website: <http://underwaterdiscovervnc.com/>

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

58 Eagle Springs Lane
Pine Grove, PA 17963
570-345-8705
Website: <http://www.eaglespringsprograms.com/>

Eagle Springs provides activity weekends for people 18-80 years of age with special needs in operation from September through May. 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.

Trips and Vacations

Guided Tour, Inc., The

7900 Old York Road, Suite 114B
Elkins Park, PA 19027-2339
215-782-1370 800-783-5841
215- 658-1708 (ages 5-21)
Website: www.guidedtour.com (ages 17 and older)
Website: www.leemar.com (ages 5-21)
Email: gtour400@aol.com

The Guided Tour, Inc. provides professionally supervised domestic and international trips for individuals with developmental and physical challenges ages 17 and up.

Special Vacations

6928 McCallum Street
Philadelphia, PA 19119
215-844-129
Website: <http://specialvacations.net/pages/1/index.htm>
Email: 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.

Sunshine Foundation

Dream Village
5400 County Road
Davenport, FL 33837
863-424-4188
Website: <http://www.sunshinefoundation.org/dreamvillage.html>
Email: florida@sunshinefoundation.org

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.

Travel Information Service

Moss Rehabilitation Hospital
1200 West Tabor Road
Philadelphia, PA 19141-3099
215-456-5995
Website: 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

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

Safety Sheet Injury Prevention



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

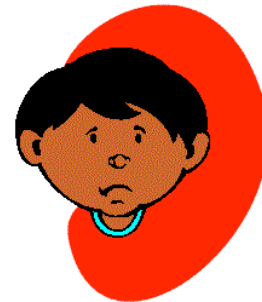


- ringing in the ears
- hearing loss
- bothered by noises
- can't handle normal background noise



- 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



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

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

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.



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.



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

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.***

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