

PARENT SUPPORTS AND RECREATION PROGRAMS FOR CHILDREN, TEENS AND YOUNG ADULTS WITH DISABILITIES

New York State Access Pass

An Access Pass permits a resident of New York State with a permanent disability (partially defined below) free use of parks, historic sites and recreational facilities operated by the New York State Office of Parks, Recreation and Historic Preservation and the NYS Department of Environmental Conservation. The pass holder may have free use of facilities operated by these offices, for which there is normally a charge – for example, parking, camping, greens fees, swimming. The Pass, however, is not valid at any facility within a park operated by a private concern under contract to the State, or for a waiver of fees such as those for seasonal marina dockage, for a group camp, for reservation of a picnic shelter, for performing arts programs, for consumables (i.e. firewood, electric, or gas) for campsite/cabin amenities, or for fees related to campsite/cabin reservations and registrations.

To qualify for an Access Pass, an applicant must be a resident of New York State and must provide proof of disability, in the form of certification for an appropriate agency (defined in the application) or by a physician. A disability includes: Blindness, Developmental Disability, Physical Disability requiring physical assistance, wheelchair confinement, prosthetic devices. Refer to the Access Pass application for more complete information.

To request an application, contact NYS Office of Parks and Recreation and Historic Preservation, Access Pass, Albany, NY 12238 or call 518-474-2324.

Albany Chapter of the Autism Society of America www.albanyautism.org

Mission is to promote lifelong access and opportunities for people on the autism spectrum and their families so they can be fully participating, included members of their communities. This is accomplished through advocacy, public awareness, education, compassionate support and research related to autism.

Asperger's Syndrome Advocacy Group of Schenectady

Asperger's Syndrome Group of Schenectady is an organization dedicated to increasing knowledge and understanding of Asperger's Syndrome and other disabilities as they impact education. For more information, email aspergeradvocacy@aol.com.

Down Syndrome Resource Center, Inc. www.downsyndromeresourcecenter.org

Providing professional services and support to individuals with Down syndrome and their families. Website includes a calendar of events for the Capital District Region and beyond.

Saratoga Springs Asperger Syndrome Support Group

The group holds monthly meetings at the Saratoga Springs Public Library from 7-9 p.m. Contact Deb Garrelts at 584-5447 or ggarrelt@nycap.rr.com.

Upstate Access Network www.upstateaccess.org

New York's Capital-Saratoga-Adirondack regional source for disability issues and information. Featuring an interactive accessibility guide by people with disabilities for people with disabilities; information you can trust from a true end user's view.

Piano Instruction for children with special needs. BA Music, MS Special Education. All ages. Beginners welcome. Call Dee at 377-6106.

SABAH, The Skating Association for the Blind and Handicapped. Contact Margaret D'Andrea at 441-0528 or marmarda@yahoo.com.

Fast Break Basketball Clinic. 1/16 – 2/27/05 from 11 – 12 noon at the Scotia-Glenville High School. Call Larry Hynes at 371-2684.

STRIDE is dedicated to enriching the lives of children who have disabilities by offering sports and recreation programs and opportunities to include skiing, snowboarding, bowling, baseball, sailing, and golf. For information contact 518-598-1279 or www.stride.org.

Adaptive Aquatics Program, Mohonasen High School in Rotterdam. Contact Kerry Wintsch at 356-8240.

Conway Circle of Performing Arts Studio, 1293, Schenectady, offers wheelchair line dancing on Mondays from 7:30 PM – 8:30 PM. Call 377-3929.

Special Olympics of New York provides sports training and athletic competition to individuals with intellectual disabilities. For information, contact 800-836-6976 or www.specialolympicsNY.org.

YMCA Circle of Champs Program in Guilderland is dedicated to improving the quality of life for children, ages 5-15, who have been touched by a life threatening illness. Call 456-3634.

Center for the Disabled, Therapy Based Specialized Programs

Saturday morning music for children 6-9. Aquatics fun in the pool for children. Therapeutic Horseback Riding. Dance/movement therapy. Expressive arts activities. Contact Jean Murawski at 437-5575.

Living Resources Adventure Program

Fee-for-service based program for individuals ages 16 and older. Each month a new and exciting outdoor activity is planned and facilitated. Past outings have included snow tubing, boating, and camping. For information call 869-1870 ext.3354 or www.livingresources.org.

Living Resources Carriage Arts Center

Classes include painting/drawing, jewelry making, ceramics, sculpture, and photography. Call Ann Murphy at 346-8888 ext. 3328 or www.livingresources.org

Saratoga ARC offers several recreational opportunities including

- "Best Buddies" matches individuals with students from Skidmore College.
- Saturday "Respite and Recreation" is a program held at the Southern Saratoga YMCA.
- Adult social club offers a social/recreation program for adults with developmental disabilities in community activities.

Spirit of Independence Therapeutic Riding Center, Inc.

The Center is certified by Sunmount DDSO as a medicaid provider agency. Services are provided to individuals from preschool to adult with emotional, mental, physical, mental retardation and developmental disabilities. The Center offers grooming, on ground work and driving. They do not offer riding, but the same methods applied in riding, seat, hand eye coordination, balance, physical exercise, are applied in driving sessions, resulting in positive outcomes and goals. This programs runs from April 1 to November 30. Time slots must be reserved. For additional information, call 518-597-3516.

Albany Cougars Special Hockey

For youth age 5 and up and adults with developmental disabilities. For information, contact Laurie Furlong at albanycougars@albanycougars.com.

Wildwood Recreation

Wildwood Recreation Programs offer activities for individuals of all ages with learning and other neurologically-based developmental disabilities. Programs include Saturday Recreation Program for children ages 5-17, Teen Center, Adult Recreation Program, and Vacation program. For information, call Dennis Lake at 783-9260.

Blindsport

a new electronic mailing list dealing with sports for the blind. Topics range from announcements of sports training camps; upcoming tournaments and events, and their results; discussions on how to make sports more accessible to the blind; and other related subjects. To subscribe, contact and include name of this list, Blindsport.

“Fit For Life” Brochure

Physical activity can be a part of everyone's life, regardless of physical limitations. A new State Health Department brochure for people with disabilities explains how to make physical fitness part of your daily routine; suggests sports and leisure activities; and discusses available adaptive equipment. The benefits of exercise for people with disabilities are highlighted. For a free copy of "Fit for Life," write: Publications, NYS Department of Health, Box 2000, Albany, NY 12220.

Accessible Recreation

The N.Y.S. Department of Environmental Conservation brochure, "Opening the Outdoors to People with Disabilities," lists wheelchair accessible state campsites, educational centers, hiking trails, fishing sites, nature viewing areas on land and by water, and personal care stations. For a copy, call the regional DEC office listed in your telephone book.

'Warriors on Wheels' Improves Strength, Independence

Designed for people with disabilities, especially those who use wheelchairs, and uses weight training and Nautilus equipment to help develop the stamina and muscles needed for everyday activities. Warriors on Wheels was founded in 1988 by Ned Norton, a former Olympic trainer and body builder. Warriors on Wheels is the only New York State weight-training chapter of Disabled Sports USA, the national governing body in the field. For more information on materials or membership information and costs, contact Ned Norton at P.O. Box 5427; Albany, NY 12205. Children with spina bifida can join Warriors on Wheels for free.

ASPIRE Inspires Physical Fitness

Three New York chapters of Athletic Sports Program Involving Recreation and Exercise (ASPIRE) help children and adults with amputations and other physical disabilities to enjoy such sports as tennis, basketball, swimming, track and field, golf and skiing. Drawing people from across the state, each chapter designs its own programs based on regional interest.

Best known for its annual wheelchair tennis tournament at Schenectady's Central Park, ASPIRE of the Capital District strives to offer sports and recreational activities to amputees and people with other physical disabilities. ASPIRE of the Capital District sponsors sports clinics, support groups, a loaning library, and publishes a directory of regional athletic opportunities and services, from the usual, like wheelchair basketball and tennis, cycling and track and field, to the more unusual, like sky-diving and orienteering (cross-country racing that requires participants to use compasses and maps to complete the race course). ASPIRE also maintains listings of manufacturers and distributors of various adaptive sports equipment. ASPIRE of the Capital District also has a basketball team that is open to people of all disabilities. Many players have spina bifida, spinal cord injury and/or amputations. Call Chris White at 518-862-1519 for more information. For more information on ASPIRE of the Capital District or for a copy of its brochure and services directory, write: ASPIRE, Inc. (Upstate), P.O. Box 2042, Albany, NY 12220.

Windham Disabled Ski Program

At Windham Mountain, in the Catskill Mountains, the philosophy is that anyone can ski, and the resort makes it happen. Programs include alpine skiing, snowboarding, racing, "fun 'n games", as well as consulting services and instructor training and certification. The program is funded and governed by the Educational Foundation of the Eastern Professional Ski Instructors Association (EPSIA-EF). For ski lesson information and costs, and more information on the program, call 518-734-5070 after Nov. 1.

Brain Injury Association of New York State

10 Colvin Avenue
Albany, New York 12206-1242
Voice: (518) 459-7911
Toll Free: (800) 228-8201
Fax: (518) 482-5285
Web site: www.bianyys.org

New York State Independent Living Council (NYSILC)

111 Washington Avenue, Suite 101

Albany, N Y 12210
Voice: (518) 427-1060
Web site: www.nysilc.org

New York State Office of Parks, Recreation & Historical Preservation

Agency Building One; Empire State Plaza
13th Floor
Albany, New York 12238
Voice: (518) 486-1868
(800) 456-2267 for campsite reservations only
TDD: (518) 486-1899
Web site: www.nysparks.com

Publishes a park guide that lists state park facilities and notes handicap accessibility. Excludes Adirondack and Catskill regions.

New York State Department of Environmental Conservation

625 Broadway
Albany, New York 12233-4500
Voice: (518) 402-8013
Web site: www.dec.state.ny.us

Published a guide called "Opening the Outdoors to People with Disabilities," which gives an idea of handicap accessibility in parks located in the Adirondack and Catskill regions.

New York State Office of the Advocate for Persons with Disabilities

Agency Building One; Empire State Plaza
Suite 1001
Albany, New York 12223-1150
Voice Only: (518) 474-4538
TTY Only: (518) 473-4231
Voice & TTY: (800) 522-4369

Clifton Park Babe Ruth's Challenger Baseball League

This baseball league was begun by Jim Fitzgerald for individuals with physical or developmental disabilities between the ages of 5 – 21. Registration is required.

Double "H" Camp Hole in the Woods Ranch

97 Hidden Valley Road
Lake Luzerne, NY 12846-3318
Phone: 518- 696-5676

For children between the ages of 6 and 16 who have been diagnosed with a malignancy, serious blood disorder, or neuromuscular impairment summer camp and seasonal recreation opportunities which are physically safe and staffed with skilled medical professionals.

Commission for the Blind and Visually Handicapped (NYS)

3 City Square – DSS
40 N. Pearl Street
Albany, NY 12243
Phone: 474-6812

Assist with services that will better enable people who are legally blind to live and work successfully and independently in the community. For people of all ages who are legally blind (20/200 vision or less), to help them achieve independence. Providing rehab, recreation for children, vocational services to prepare blind people for employment.

Empire State Games for the Physically Challenged

This event is sponsored by The Empire State Games for the Physically Challenged, New York State Office of Parks & Recreation and Historic preservation and Easter Seals. This is for individuals between the ages of 5 and 21 years, who have a PHYSICAL CHALLENGE (no prior experience needed). Events include: track, slalom, field events, soft shot (bean bag throw)... Call 438-8785.

EquAbility

This is a therapeutic horsemanship program which is run by Barbara Ficalora-Diamond at the After Hours Farm in Clifton Park. The program is designed to serve people with special needs, ranging from those with traumatic brain injury to people with Down's Syndrome or cerebral palsy. The program runs from spring until fall but they do have an indoor arena. For more information call: 399-7100.

Saratoga County Special Olympics – Area 8

The Special Olympics program in Saratoga County provides athletic training, recreation, socialization and sports competition to residents who are developmentally challenged and at least 5 years of age. There are team and/or individual sports as well as adaptive games. All coaches are volunteers and have been trained by New York Special Olympics, Inc. Training in 8 different sports activities is available in Saratoga County: aquatics, basketball, bowling, equestrian, power-lifting, softball, track and field, and x-country skiing. Athletes may participate in one or more than one program. Volunteers are always welcome and needed.

Starburst Dance Club

Route 146
Clifton Park, NY 12065
Phone: 518- 783-6800

This dance club opens on Wednesday evenings (year round) from 6 – 8 exclusively for people with disabilities age 16 and older. Individuals should be accompanied by an adult. Admission is \$4.50 which includes a 12 oz soda.

Special Olympics New York

Athletes develop skills and gain confidence through year-round athletic programs in 22 sports. Children and adults with mental retardation participate daily in training clubs, after-school sports, adapted physical education programs, and sports skills programs in communities all over New York State. Special Olympics places the emphasis on what people can do, not what they may not be able to do. Special Olympics builds physical fitness, strength, self-esteem, and

confidence through the following sports offerings:

Winter Season

Alpine Skiing, Nordic Skiing, Figure Skating, Speed Skating, Snowshoeing, Floor Hockey

Spring/Summer Season

Aquatics, Track & Field including specialized events for wheelchair and lower functioning athletes, Basketball, Bowling, Gymnastics, Powerlifting, Tennis, Volleyball

Fall Season

Bowling, Cycling, Equestrian Sports, Football, Golf, Softball, Bocce, Rollerskating

Special Olympics New York

504 Balltown Road Schenectady, NY 12304

518-388-0790 1-800-836-6976 Fax 518-388-0795