

RECREATION PROGRAMS

AGENCY	ADDRESS	CONTACT	POPULATION SERVED	DESCRIPTION OF PROGRAM
Achilles International	42 W. 38 th St. 4 th floor NY, NY 10018	Achilles Kids Karen Lewis (212) 354-0300 x305	Children 5-21 with any disability and their non-disabled siblings.	Free running/ walking/ "rolling" program that meets 2x/month. Parent/ guardian must accompany child
AHRC New York City	83 Maiden Lane 9 th Floor NY, NY 10038 ahrcnyc.org	Matt Hatcher (212) 780-2588 matthew.hatcher@ahrcnyc.org	Persons, 16+ yrs., with moderate-severe MR, ambulatory + nonambulatory, toilet trained.	Adult Day Respite Sat. 10:00 am-2:00 pm, Oct.-May. Creative arts therapy, music + dance therapy, recreational sports, special seasonal events, monthly community outing. Transportation provided. Free. Spanish spoken.
AHRC New York City	83 Maiden Lane 9 th Floor NY, NY 10038 ahrcnyc.org	Maureen Blackmore (212) 780-2523 maureen.blackmore@ahrcnyc.org	Adults, with DD diagnosis who travel independently.	Sunday trips. Meet every Sunday. Group chooses activities, such as cultural events; dining out; movies; and sporting events.
AHRC New York City	83 Maiden Lane 9 th Floor NY, NY 10038 ahrcnyc.org	Miriam Figueroa (212) 780-2585 miriam.figueroa@ahrcnyc.org	Children ages 5-14, moderate-severe MR, ambulatory + nonambulatory, toilet trained.	Saturday Children's Respite - 10:00 am-2:00 pm, Oct.-May. Creative arts therapy, music + dance therapy, recreational sports, special seasonal events, monthly community outing. Transportation provided. Free. Spanish spoken.
AHRC New York City	83 Maiden Lane 9 th Floor NY, NY 10038 ahrcnyc.org	Matt Hatcher (212) 780-2588 matthew.hatcher@ahrcnyc.org	Persons with DD, all ages, ambulatory + non-ambulatory.	Bowling. Saturdays from October - May, no transportation.
AHRC New York City	83 Maiden Lane 9 th Floor NY, NY 10038 ahrcnyc.org	Matt Hatcher (212) 780-2588 matthew.hatcher@ahrcnyc.org	Persons ages 5-12 with DD, including non-ambulatory.	Manhattan School Holiday Respite for 2 weeks in late August, 1 week per month in December, February, and April.
Angelfish Therapy	P.O. Box 183 Botsford, Ct. 06404 Program at St. Bart's Church on 50 th St. & Park Ave.	Ailene Tisser, PT or Cindy Freedman, OT (203) 545-0024	Children with any disability, ages 6 months – 21 yrs.	Pediatric aquatic therapy, small groups, parent-child classes, aquatic fitness classes for teens with special needs/ swim lessons for all ages and abilities. Fee charged. Some therapy is refundable by insurance.
Association for Metroarea Autistic Children (AMAC)	25 West 17 th St. NY, NY 10011	Felicia Richgat (212) 645-5005 x3305	Persons ages 6-14 with autism or PDD, ambulatory, with self-care skills.	Mon.-Wed. 2:30pm-4:30pm and Saturday 9:00am-3:00pm. Arts + Crafts, games, motor activities, etc Transportation provided. Fees: \$1/day and \$2/Sat.

RECREATION PROGRAMS (cont'd)

AGENCY	ADDRESS	CONTACT	POPULATION SERVED	DESCRIPTION OF PROGRAM
Big Brothers Big Sisters of NYC	Incredible Kids Program 223 E. 30 th St. NY, NY 10016	Francy Henao (212) 686-2042 x229	Children ages 7-16 with varying disabilities. Must have basic self care skills + be able to relate 1:1 on a 4 hour outing.	Community based mentoring program with a recreational focus 2x/ month. No fee. Wait list is extremely long, especially for boys.
Birch Family Services	104 West 29 th St. 3 rd Fl. NY, NY 10001	Elly Stiles (212) 616-1876 or Elizabeth.stiles@birchfamily.org www.birchfamily.org	Persons with DD, ages 17-25.	Photography for Friendship. Monthly photography hobby club. Free for OPWDD eligible.
City Access New York (CANY)	1207 Castleton Ave., 2 nd Fl. Staten Island, NY 10310 www.cityaccessny.org	Ken Struve (718) 285-6548 contact@cityaccessny.org	Children 12 and younger with moderate DD. Also serve children who are blind or low vision.	Inclusive science camp with Urban Park Rangers at Nature Centers at Marine Park (Brooklyn), Inwood (Manhattan), and Blue Heron (Staten Island). Camp convenes from 2/20-24 + 4/9-13 in 2012, from 10AM-3PM daily. Staff ratio is 1:5. Free.
Contemporary Guidance Services	52 Broadway 4th Fl. NY, NY 10038	Yvonne Vega (646) 214-1315	Persons with DD, ages 14-21 in school. Must be ambulatory and toilet trained.	School holiday respite during 20 school holiday closure days including Winter and Spring Recess. No fee. Spanish spoken. Transportation provided.
Daniel's Music Foundation	c/o Go Fish 220 East 86 th St. Lower Level NY, NY 10028	Daniel or Ken Trush (212) 289-8912	People with DD and/or physical disabilities, ages 3 to adult.	Free music programs, including rhythm, keyboard, and voice classes.
East Harlem Council for Community Improvement (EHCCI)	413 East 120 th St. Room 112 NY, NY 10035	Gerard Lightburn (212) 410-7707 x5245	Persons with DD, ages 8-21, including non-ambulatory.	Year-round Sat. recreation program: 10:00 am-3:00 pm. Trips to movies, picnics, amusement parks, gym, sports, games, etc. Transportation provided. Free. Spanish speaking staff available.

RECREATION PROGRAMS (cont'd)

AGENCY	ADDRESS	CONTACT	POPULATION SERVED	DESCRIPTION OF PROGRAM
Emerge & See Education Center	164 West 25 th St. Suite 7R NY, NY 10001	Amanda Friedman, Alison Berkley (212) 256-0860 info@emergeandsee.net www.emergeandsee.net	Children with ASD, LD, ADD, OCD and other developmental differences.	Play Sport Mon, Tues, Wed (sports skills + social development.) Creative Arts Sundays hours available 12N-6PM (art + music skills. Creative expression, + following direction). Saturday Social Group 11AM-3PM (communication, gross+ fine motor skills, peer interaction projects). Fee charged.
Epilepsy Foundation of Metropolitan New York	257 Park Ave. So. Third floor NY, NY 10010	Beth Pausic (212) 677--8550	Persons in their 20's or 30's with a primary diagnosis of epilepsy	Saturday afternoon socialization group with community outings from 1:00-4:00 pm. Must be able to travel independently.
Esperanza	516 W. 181 st St. NY, NY 10033	Dennisse Pinargote (212) 928-5810 x126 dpinargote@esperanzacenter.net	Children and adults with Autism or DD living in Manhattan and Western Bronx.	Tuesday + Thursday recreation program 4:00-6:00pm. Transportation provided. Spanish spoken.
Esperanza	516 W. 181 st St. NY, NY 10033	Elizabeth Lindao (212) 928-5810 x120 elindao@esperanzacenter.net	Adults age 18+ yrs., with DD, ambulatory, living in northern Manhattan.	Evening recreation program: Wed. 3:30-6:30 pm. Transportation provided. Spanish spoken.
Esperanza	516 W. 181 st St. NY, NY 10033	Elizabeth Lindao (212) 928-5810 x120 elindao@esperanzacenter.net	Adults age 16+ yrs., with DD, living in northern Manhattan or western Bronx.	Saturday recreation program: 10-3 pm. Transportation provided. Spanish spoken.
Esperanza	516 W. 181 st St. NY, NY 10033	Rita Valdez (212) 928-5810 x111 rvaldez@esperanzacenter.net	Adults age 18+ yrs., with DD, living in Manhattan or western Bronx, including non-ambulatory.	3-day weekend or weekday getaway program. Resort vacation for groups of 5. Spanish spoken.
Esperanza	516 W. 181 st St. NY, NY 10033	Dennisse Pinargote (212) 928-5810 x126 dpinargote@esperanzacenter.net	Children with autism.	3 day weekday getaway program. Resort vacation for groups of 5. Spanish spoken.

RECREATION PROGRAMS (cont'd)

AGENCY	ADDRESS	CONTACT	POPULATION SERVED	DESCRIPTION OF PROGRAM
FECS	315 Hudson St. 1 st Floor NY, NY 10013	Diane Santiago-Rodriguez (718) 741-7204	Adults with DD living with their families.	Saturday recreation for 10 weeks in the fall + 10 weeks in the spring. Transportation provided.
14 th Street Y	344 East 14 th St. NY, NY 10003	Amanda Kayam (646) 395-4336 Amanda_kayam@14streety.org	Children w/ special needs + their families. Also, children with high functioning autism, children with communication + language delays.	Saturday Program ages 4-11 yrs. Super Soccer Starts, Capoeira, Music Works, Creative Movement. Instructional swim class on Mondays @ 4PM. Fee charged.
Friendship Circle	121 West 19 th St. NY, NY 10001	Dina Shanowitz (646) 820-1066 Dina.friendship@gmail.com	Children ages 5-18 with varying disabilities.	1:1 buddies social experience. Programs are both 1:1 + in group form. Foster camaraderie, friendship + fun. No charge.
Friendship Circle	Sunday Circle 121 West 19 th St. NY, NY 10001	Dina Shanowitz (646) 820-1066 Dina.friendship@gmail.com	Special Needs Children ages 5-18.	First Sunday of each month. Special children + teen volunteers get together for music, movement + art. Specialties such as cooking, science + sports are added in. Free.
Gateway Counseling Center (GCC)	4500 Furman Ave. Bronx, NY 10470	Sandra Rueda, Intake Director (718) 325-5021 Fax (718) 228-9462	Persons with DD who reside above 96 th Street in Manhattan, including those who live with family, independently, or in a supportive residence.	Supplemental Group Day Habilitation recreation program, 365 days per year. Hours: Mon.-Fri. 3:15-8:30 pm; Sat., Sun 9:00am-3:00pm. Activities include: tabletop games, computers, karaoke, drama, music, fully equipped gym, movies, video games, photography, community activities. Wheelchair accessible. Door-to-door transportation provided.
General Human Outreach in the Community, Inc. (GHO)	125-10 Queens Blvd. #2705 Kew Gardens, NY 11415	Pat Liu (718) 261-6552 x2012	Asians, age 18+ with DD.	Weekend respite recreation program. Conducted in Chinese. No fee. Transportation provided.
Innovative Piano, Inc.	106 West Circle Ave. Salisbury, MD 21801	(800) 997-7093 www.innovativepiano.com	Individuals w/ DD of all ages.	In home piano lessons + piano lesson materials for individuals with special needs. Combine ABA + classical piano techniques. Fee: \$50/ in home lesson. \$40 studio lesson.

RECREATION PROGRAMS (cont'd)

AGENCY	ADDRESS	CONTACT	POPULATION SERVED	DESCRIPTION OF PROGRAM
The Jewish Community Center in Manhattan	334 Amsterdam Ave. NY, NY 10023	Melissa Lader (646) 505-5729	5-15 year olds with autism spectrum disorder.	Highly structured class emphasizing critical social - day-to-day living skills. Fee charged.
The Jewish Community Center in Manhattan	334 Amsterdam Ave. NY, NY 10023	Melissa Lader (646) 505-5729	6-13 year olds with special needs.	Karate class for children with special needs. Fee charged.
The Jewish Community Center in Manhattan	334 Amsterdam Ave. NY, NY 10023	Melissa Lader (646) 505-5729	5-10 year olds with special needs.	Swim class for children with special needs. Fee charged.
The Jewish Community Center in Manhattan	334 Amsterdam Ave. NY, NY 10023	Melissa Lader (646) 505-5729 mlader@jccnyc.org	Children on the high functioning end of the autistic spectrum and other special needs.	Sunday program. Classes include music therapy, art, Jewish culture with MATAN, sports, social skills, drama, fitness and mentoring. Coffee & conversation for parents also available. Fee charged.
The Jewish Community Center in Manhattan	334 Amsterdam Ave. NY, NY 10023	Melissa Lader (646) 505-5729 mlader@jccnyc.org	16-21 year olds on the high functioning end of the autistic spectrum + other special needs.	Sunday recreation program emphasizing life skills + social skills. Fee charged.
The Jewish Museum	1109 5 th Ave. NY, NY 10128	Dara Cohen (212) 423-3256	Individuals with DD or LD + their families.	Via family workshops, individuals with DD or LD explore art + artifacts w/ family members or friends Includes gallery activities + an art project. Free.
Kennedy Child Study Center	151 E. 67th St. NY, NY 10065	Julia Gomez (212) 988-9500	Children ages 3-12 with DD. Non-ambulatory accepted.	Sat. day trips to movies, museums, zoo, parks, etc About 12 Sats. Transportation provided. Spanish spoken.
Kennedy Child Study Center	151 E. 67th St. NY, NY 10065	Julia Gomez (212) 988-9500	Children ages 3-12 with DD. Non-ambulatory accepted.	Day trips to movies, museums, indoor recreation areas the week of February winter school break. 5 days. Transportation provided. Spanish spoken.
Kids Enjoy Exercise Now (Keen)	Recreation 54 348 E. 54 th St. (btwn 1 st & 2 nd Aves.)	Maggie Harrison (212) 768-6785 www.keennewyork.org or info@keennewyork.org	Children ages 4-16 with DD and other disabilities.	Sports program with 1:1 volunteer athletes. A variety of sports activities. Every other Sat 1pm-2pm, 2pm-3pm, or 1pm-3pm. Free.

RECREATION PROGRAMS (cont'd)

AGENCY	ADDRESS	CONTACT	POPULATION SERVED	DESCRIPTION OF PROGRAM
Kids Enjoy Exercise Now (Keen)	P.O. Box 5115 NY, NY 10185	Maggie Harrison (212) 768-6785 info@keennewyork.org	Children with DD and other disabilities ages 4-21.	Saturday Swim 3-4:30pm at the 92 nd St. Y. Free.
Metropolitan Museum of Art	1000 5th Ave. NY, NY 10028	(212) 650-2010 access@metmuseum.org	Persons, 6+ yrs., with DD or LD + their families.	Discoveries Program. Art workshops on scheduled Suns. Oct.-May. Workshop, for individual + family members, consists of a thematic tour of Museum followed by a related art project. Free. Reservations necessary. Other programs available for visitors w/ disabilities. Call or e-mail for info.
The Museum of Modern Art	11 West 53 rd St. NY, NY 10019 www.moma.org	Access Programs CreateAbility (212) 408-6347 TTY: (212) 247-1230 accessprograms@moma.org	Persons, 5+ years, with DD or LD and their families.	Different themes each month exploring various artworks in the galleries and creating artworks in the classroom. Morning program for persons under age 18. Afternoon program for ages 18+. Free. Reservations are required.
National Jewish Council for Disabilities	11 Broadway 13 th Floor NY, NY 10004	Nicole Bodner (212) 613-8266 (age 16+) Jill Scheer (212) 613-8143 (ages 8-15)	Jewish youth and young adults from ages 8 to adulthood.	Mainstreamed weekend retreats, monthly sports programs, Torah study groups, holiday celebrations, summer tours, etc
92 nd St. Y	1395 Lexington Ave. NY, NY 10128	The Miracle Project Melanie Mandel (212) 415-5626 mmandel@92y.org	Children with ASD, DD, ages 10-18.	Theatre Arts program for children with DD + their siblings. They create an original musical theatre production. Sundays for 20 wks. 10AM-12:30PM. Fee. Scholarships available.
OTSAR Family Services	2334 W. 13th St. Bklyn, NY 11223	Seri Diamond (718) 946-7301 x216	Persons ages 5-21 with DD.	Recreation program in Brooklyn: Sun. 9:30 am-2:30 pm + some school holidays. Transportation provided. Wheelchair accessible.
QSAC	Sat. Rec. Program Hollis Campus 196-10 Woodhull Ave. Hollis, NY 11423	Dita Ruc (718) 728-8476 x1418	Children with Autism or PDD, ages 5-13 years.	Saturdays from 11AM to 3PM in Queens. Transportation from Manhattan provided. Free.

RECREATION PROGRAMS (cont'd)

AGENCY	ADDRESS	CONTACT	POPULATION SERVED	DESCRIPTION OF PROGRAM
SNACK – Special Needs Activity Center for Kids	220 East 86 th St., LL NY, NY 10028	Liz Brady (212) 439-9996 www.snacknyc.com	Children with DD ages 3-18 years.	Programs include: Socialization Program with art, yoga, music and movement Thurs + Fri 3:30-5:30PM, Sat + Sun 11-1PM (Siblings welcome. Can register for 1 or more days); Soccer Sat + Sun at various times; Swim at St. Bart's offers 1:1 private swimming lessons Tues, Wed, Sat + Sun afternoons; Sports Classes Sat afternoons. Fees vary. Open enrollment for all programs.
Special Olympics New York City Region	211 East 43 rd St. Suite 802 NY, NY 10017	Tom Peyton (212) 661-3963	Ages 8+ with intellectual or DD. Free.	Candidates complete medical + consent form. Special Olympics representative follows up with phone call to hook individual up with coach, depending on sport or season. 22 sports with divisions by gender, age, and disability level.
Sprout	893 Amsterdam Ave. Room 128 NY, NY 10025	Kimberly Pierce (212) 222-9575	Persons, 16+ yrs., with mild-moderate DD, ambulatory, non-deaf, non-blind, toilet trained.	1Day + evening trips in the community, weekdays + weekends, 15 times per month. Fee: \$0-\$25 each activity. No membership fee. No transportation provided.
Sprout	893 Amsterdam Ave. Room 128 NY, NY 10025	Scott Randall (212) 222-9575	Persons, 21+ yrs., with DD. Must be ambulatory, mild to moderate functioning level.	Vacation Program. Weekend + weeklong trips to various destinations in the United States and Europe. Fees vary.
Sprout	893 Amsterdam Ave. Room 128 NY, NY 10025	Scott Randall (212) 222-9575	Persons, 14-21 yrs., with DD. Must be ambulatory, mild to moderate functioning level.	Free School Holiday Vacation: 5 day trips to various destinations 2x per year at no cost to the individual.
Sprout	893 Amsterdam Ave. Room 128 NY, NY 10025	Scott Randall (212) 222-9575	Persons, 22+ yrs., with DD. Must be ambulatory, mild to moderate functioning level.	Free weekend trip program. Four weekends (Fri-Sun) available per year to various destinations. No fee.

RECREATION PROGRAMS (cont'd)

AGENCY	ADDRESS	CONTACT	POPULATION SERVED	DESCRIPTION OF PROGRAM
Super Soccer Stars	606 Columbus Ave. NY, NY 10028	(212) 877-7171 www.supersoccerstars.com	Persons, 2+ years, with DD.	Soccer development program for people w/ DD using soccer to increase socialization, task completion, following directions in a fun environment.
United Cerebral Palsy of NYC (UCP NYC)	175 Lawrence Ave. Brooklyn, NY 11230	Carmen Orellana (718) 436-7600 x432	Individuals ages 13-29 with DD, including non-ambulatory	SPIRIT Sat. recreation program: 10:00 am-3:00 pm, 12 months except major holidays. Program includes creative activities, sports, cooking, social experiences and community activities. Transportation provided. Spanish spoken. Free
United Cerebral Palsy of NYC (UCP NYC)	175 Lawrence Ave. Brooklyn, NY 11230	Carmen Orellana (718) 436-7600 x432	Adults, age 18+ with DD.	Explore II Program meets 2x/month for a Friday evening social event and Disco. Light supper served. No transportation.
Wheelchair Basketball	Recreation 54 348 E. 54 th St. (btwn 1 st and 2 nd Aves.)	(212) 754-5411 Press "0" www.nyc.gov/parks Click on facilities, then basketball courts	Adults with physical disabilities.	Wheelchair basketball, independent play, Mondays 6:30-9:15 pm. Must be a member: ages 18-61 \$150/year or \$75/6 months; ages 62+ \$25/year.
YAI Autism Center	460 West 34 th St. NY, NY 10001	YAI LINK (212) 273-6182	Children ages 2-9 with ASD. Other disabilities will be considered. Limited verbal skills necessary.	Social skills, ballet/yoga + music therapy groups offered for 10 fee-for-service sessions. Lead by clinicians. Offered weekdays + weekends.
YAI / National Institute for People with Disabilities	320 W. 13th St. 2nd floor NY, NY 10014	MEAP Pamela Accardo (212) 645-1616 x 618 or Edna Bey x620	Adults, 18+ yrs., with DD, severe-mild MR, with self-care skills.	Socialization/recreation program: Tues.-Fri. 4:00-8:30 pm; Sat. 10:00 am-4:00 pm (spent in community). Members may come as many days as they wish. Activities include woodworking, karate, music, art, sports, bowling. Fee: Saturdays; weeknights \$50/month; scholarships available.

RECREATION PROGRAMS (cont'd)

AGENCY	ADDRESS	CONTACT	POPULATION SERVED	DESCRIPTION OF PROGRAM
YAI / National Institute for People with Disabilities	320 W. 13th St. 2nd floor NY, NY 10014	Alumni Club Pamela Accardo (212) 645-1616 x 618 or Edna Bey x620	Adults, 18+ yrs., mild-borderline MR, able to travel independently, needing minimal supervision.	Socialization/recreation program: Tues.-Fri. 4:00-8:30 pm; Sat. 10:00 am-4:00 pm (spent in community). Members may come 4 days a week. Recreational + cultural activities, discussion groups, sports groups + community activities. Fee Saturdays only - \$75 for 6 months; weeknights and Saturdays - \$150 for 6 months; scholarships available.
YAI / National Institute for People with Disabilities	320 W. 13th St. 2nd floor NY, NY 10014	Leisure Connection Edna Bey (212) 645-1616 x 620	Adults, 18+ yrs., with mild learning disabilities, able to travel independently.	Socialization/recreation program: 3rd Sat. of each month. Fee: \$30 per year. No staff chaperones.
YAI / National Institute for People with Disabilities	460 West 34 th St. NY, NY 10001	Leisure Trax (212) 273-6254 www.yai.org/travel	Adults, 18+ yrs., with LD or mild-moderate DD, with self-care skills.	Seasonal resort and cruise travel. Transportation from a central Manhattan location. Fees vary.
YAI / National Institute for People with Disabilities	460 West 34 th St. NY, NY 10001	YAI <u>LINK</u> (212) 273-6182	Children, 6-18, with DD, including limited non-ambulatory.	School holiday group respite during school recesses. Transportation limited. Free.
YAI / National Institute for People with Disabilities	460 West 34 th St. NY, NY 10001	You & I Program Bobra Fyne (212) 273-6202	Adults with DD.	A social skills training and recreation program allowing individuals to acquire social competencies and meet new people. Free.
YM-YWHA of Washington Heights and Inwood	54 Nagle Ave. NY, NY 10040	Deena Spindler, Special Needs/ Inclusion Coordinator (212) 569-6200 x217 dspindler@ywashhts.org	Children, ages 4-13 with special needs, including ASD; speech, language + communication disorders; other DDs.	Sunday morning recreation program 9AM-11AM; sports + gym, arts + crafts, drama, storytelling, social skills. Fee charged. Scholarships available.

See also under After School Programs, above and Respite:Overnight, below.