

# Adaptive Sport Resources

## Abilities Expo

<https://www.abilities.com/>

Abilities Expo holds expos all over the US with multiple Expos each year. The expo has the latest technology and disability products, informative workshops, and interactive events. Registration for the expo is free.

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## No Barriers Summit

<http://www.nobarriersusa.org/summit>

The No Barrier Summit is for individuals who want to break through barriers. It provides the tools to challenge yourself beyond your expectations along with a variety of resources. The location of the Summit changes each year.

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## Helen Hayes Hospital Adapted Sports

<http://helenhayeshospital.org/adapted-sports-recreation/>

HHH adapted sports and recreation program serves individuals with a range of abilities, interests and skills. Activities include accessible video game center, archery, basketball, gardening, fishing, golf, handcycling, kayaking, power soccer, rowing, sailing, snow skiing, softball, target shooting/airsoft, waterskiing, and yoga. Prior experience is not required to participate in any activity and all activities are supervised by experienced staff.

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## Lof Adaptive Skiers

<http://lofadaptiveskiers.org/about/>

Lof adaptive skiers' mission is to build lasting confidence and fulfillment through exposure and professional training in recreational and competitive water and snow skiing to both children, adults and veterans with disabilities.

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## **Burke Rehabilitation Hospital**

<http://www.burke.org/community/adaptiveprograms>

Burke Rehabilitation Hospital encourages people of all abilities to take part in physical activities such as sports and exercise. Through our Therapeutic Recreation department, Burke offers several adaptive sports and fitness programs. These sports can be played by people with a disability, including physical and intellectual disabilities.

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## **Adaptive Climbing Group**

<http://www.adaptiveclimbinggroup.org>

Adaptive Climbing Group is a registered non-profit for people with disabilities to come together and enjoy climbing. At ACG, we help people use their existing abilities to climb. Join us at one of our climbing sessions indoors or outdoors and discover what you can accomplish.

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## **Freedoms Wings**

<http://www.freedomswings.org/>

Freedom's Wings International (FWI) Is A Non-Profit Organization Run By And For People With Physical Disabilities. We Provide The Opportunity For Those Who Are Physically Challenged To Fly In Specially Adapted Sailplanes, Either As A Passenger Or As A Member Of The Flight Training Program.

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## **Life Rolls On Foundation**

<http://www.liferollson.org/>

Standing by Life Rolls On helps people living with various disabilities catch a wave and drop into the bowl at the skate park...dreams that seemed impossible without this foundation. We create confidence. And we change "I could" to "I DID."

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## Freedom Horse Farm

[freedomhorsefarmllc.com](http://freedomhorsefarmllc.com)

Adaptive Riding/Therapeutic Riding is for individuals with a range of physical, emotional, cognitive and social disabilities.

In an Equine Assisted Activities program, a certified riding instructor is teaching a person with a disability how to ride a horse. Our team of certified professionals are equipped to handle a comprehensive range of conditions.

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## InTandem

<http://www.intandembike.org/join-us/>

InTandem is a 501c3 not-for-profit organization whose mission is to provide tandem cycling programs to people who are blind, have low vision, or cannot ride independently due to other disabilities

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## Achilles International Queens

[achillesinternational.org](http://achillesinternational.org)

Achilles International's portfolio of programs includes the Achilles Freedom Team which serves wounded military personnel and veterans; Achilles Kids which provides training, race opportunities, and an in-school program for children with disabilities; the TriAchilles Team which expands our running program into biking and swimming; Achilles Chapter workouts; and, our signature Hope & Possibility® race which takes place in several cities worldwide.

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## NYC Outdoors Disability

<https://www.avigolden.com/nyc-outdoors-disability/#:~:text=NYC%20Outdoors%20Disability%20is%20dedicated,%2C%20amputation%2C%20and%20sensory%20impairments.>

NYC Outdoors Disability is dedicated to organizing trips in the NYC area, helping individuals expand their horizons after becoming disabled. From easy nature walks to thrilling sports like rock climbing and scuba diving, these adventures include people with strokes, SCI, amputation, and sensory impairments.

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## **iFly Westchester**

<https://www.iflyworld.com/westchester/>

<https://www.iflyworld.com/programs/all-abilities/>

Feel the freedom and exhilaration of flying. Leave your busy life on the ground as you soar with the wind in our indoor skydiving center. iFly offers an All Abilities Program which provides the opportunity to indoor skydive for individuals who may have physical or cognitive challenges.

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## **Handicapped Scuba Diving Alliance**

[www.hsanjscuba.com](http://www.hsanjscuba.com)

The handicapped scuba diving alliance has dedicated itself to improving the physical and social well-being of people with disabilities through the sport of scuba diving. We are dedicated to assuring that people with disabilities are given the same opportunity to receive quality training, hsa certification and dive adventures as the able bodied population.

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## **Wheeling Forward**

<http://www.wheelingforward.org>

Wheeling Forward steps in to help recently disabled people that lack a support system and resources to obtain the services they need. We know that disability impacts every person's life differently and work to address each person's diverse needs. As people adapt to life with a long term disability, Wheeling Forward helps them navigate the health and social service systems on the way to an active life in the community.

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## **Adaptive Sports Foundation**

<https://www.adaptivesportsfoundation.org/>

Since 1984, the Adaptive Sports Foundation has been providing sports and recreation opportunities to thousands of children and adults with both cognitive and physical disabilities. Considered one of the top adaptive sports programs in the country, the ASF has been on the cutting edge of adaptive sports programming and has provided what participants have often described as "life changing experiences."

