

Recreation Programs for Children with Special Needs

Baltimore County

Department of Recreation & Parks
Office of Therapeutic Recreation Services
410-887-5370

Provides a wide variety of recreation opportunities and services for individuals with disabilities countywide. Offering programs designed specifically for individuals with disabilities, as well as inclusion into general recreation programs, the office provides reasonable accommodations for full participation in all of our department programs. The Leisure Resources newsletter lists program opportunities for individuals with disabilities.

Baltimore County Public Schools

Allied Sports
443-809-2328

www.bcps.org

Allied Sports is a totally inclusive after school program that affords high school students with disabilities an equal opportunity to participate in their interscholastic sports alongside their non-disabled peers.

Camps

The ARC Baltimore
410-296-2272

Maintains a directory of day and residential summer camps for students with disabilities.

Baltimore's Child

Publishes a free summer camp issue each February.

Cheerleading

Regal All-Stars, LLC
410-935-0359

A program of competitive cheerleading and dance teams including the Baltimore County Special Olympics Cheerleading Squad, The CATZ.



Expressive Arts

Karina Café
800-554-7549

11911 Jenifer Rd.,

Timonium, MD 21093

Expressive Arts Therapy program for individuals with intellectual and physical disabilities. Children ages 5 and up can engage in art, music and dance therapy.

Fencing

Maryland Fencing Club
410-929-3889

3011 Emmorton Road

Abingdon, MD 21009

Provides an organized approach to teaching fencing with age appropriate goals and methods that emphasize fun, participation, sportsmanship and safety.

Fishing

Wish a Fish Maryland
410-913-9043 (Skip Zinck)

410-557-7572 (Ed Mezewski)

The Wish-A-Fish Foundation hosts fishing events for children with special needs and their families.

General Movement/Gross Motor

Children's Developmental Class
443-840-1387

CCBC Essex Campus

7201 Rossville Blvd.

Baltimore, MD 21237

A one-on-one program that helps children manage their unique challenges using the Floor Time approach. Ongoing parent class provides education on current topics regarding developmental delays in children. Class is held at CCBC Essex campus on Saturday mornings.

General Recreation

Baltimore Adapted Recreation & Sports (BARS)
478-227-7386

This organization provides recreational opportunities for individuals with disabilities, family and friends

Recreation Programs for Children with Special Needs

[Capernaum Baltimore](#)

717-903-1384

A program where staff and trained volunteer leaders help adolescents with disabilities discover and enjoy acceptance, adventure and fun in the mutual friendships they develop and at weekly club meetings, special events and camping trips.

[The Disability Express Group](#)

Social and recreational activities for teens with disabilities.

E-mail: funforall@thedisabilityexpressgroup.org

[The League for People with Disabilities](#)

410-323-0500

1111 E Cold Spring Lane
Baltimore, MD 21239

The League's year round Camping & Therapeutic Recreation program provides joyful, life-changing experiences in a safe environment and builds meaningful relationships in the lives of youth and adults. Camping & Therapeutic Recreation is proud to offer summer camp programs, year round camping, assisted travel and community recreation.

General Sports

[KEEN JHU Sports Program](#)

(Kids Enjoy Exercise Now)

443-687-9617

For children aged 5 – 12 with disabilities, no matter how great, to enjoy recreational fun with friends and volunteers, and without parents or teachers. Each "athlete" has his or her own volunteer "coach" at all activities which include soccer, tennis, track & field, basketball, aerobics and various other adaptive activities. Meets at Dundalk High School.

[Special Olympics Maryland](#)

Baltimore County

443-695-3313

Offers a safe, accepting environment where individuals eight years and older with intellectual disabilities can succeed in sports. E-mail: TowsonLen@gmail.com

Gymnastics

[Rebounders \(Timonium\)](#)

["I Can Do It Too"](#)

410-252-3374

7 W Aylesbury Road, Suite A
Timonium, MD 21093-4132

Special Needs Program is a sensory/motor/gymnastics program for children all ages with any minimal to severe physical, mental, emotional, and social language, and/or sensory challenges including but not limited to developmental delay, attention deficit, and autism.

Ice Hockey

[Baltimore Area Special Hockey, Inc.](#)

Home of the Baltimore Saints

410-370-1818

Reisterstown Sportsplex

401 Mitchell Drive

Reisterstown, MD 21136

Baltimore Area Special Hockey, Inc. offers an ice hockey program for both children and adults with a traumatic brain injury or intellectual disabilities such as Autism and Down Syndrome.

Kennedy Krieger Institute

[Physically Challenged Sports and Recreation Program](#)

443-923-7844

Greenspring Campus

3825 Greenspring Avenue

Baltimore, MD 21211

Provides therapeutic sports and recreational programs for children with varying degrees of physical abilities. Open to individuals aged 2-21 who experience physical challenges and exhibit cognitive skills at or near appropriate developmental levels.



Recreation Programs for Children with Special Needs

Martial Arts

Blue Dragon Martial Arts
410-561-3553
2183 Greenspring Drive
Timonium, MD 21093

US Martial Arts Academy, Ltd
410-561-9882
9 West Aylesbury Road, Suite A
Timonium, Maryland 21093

Physical Fitness

Athletes Serving Athletes
443-272-1204
A non-profit organization that brings people together to experience the joy, excitement and thrill of competition. ASA offers innovative athletic training, supportive mentor relationships and high quality endurance events for athletes living with disabilities.

Rock Climbing

Earth Treks Climbing Center
1-800-CLIMB-UP (1-800-254-6287)
Timonium Climbing Center
410-560-5665
1930 Greenspring Drive
Timonium, MD 21093
Offers climbing lessons and numerous youth and family program options, ages 5-adult

Sailing

Downtown Sailing Center
410-727-0722
1425 Key Highway, Suite 110
Baltimore, MD 21230
The program is designed to provide inclusive sailing opportunities for those with disabilities and to promote life skills such as self-reliance, self-confidence, teamwork, patience and respect for others.

Scouts

Boy Scouts of America - Baltimore Area Council
443-573-2500
Will work with parents to include boys age six years and older with special needs into community units or will assist parents in locating Special Needs Units throughout Maryland appropriate for their son.

Girls Scouts of Central Maryland
410-358-9711
Toll Free: 800-492-2521
Will work with parents to include girls age five years and older with special needs into community units or will assist parents in locating Special Needs Units throughout Maryland appropriate for their daughter.

Snow Sports

Blue Ridge Adaptive Snow Sports, Inc.
717-642-8282 ext. 3479
Their mission is to enhance the lives of people with disabilities through adaptive snow sports and recreational activities. Adaptive snow sports allow people with disabilities to enjoy the outdoors and freedom of movement.

Soccer

US Youth Soccer-TOPSoccer
A community-based training and team placement program for young athletes with disabilities, organized by youth soccer association volunteers. The program is designed to bring the opportunity of learning and playing soccer to any boy or girl ages 4-19, with a disability



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Swimming

[Kids First Swim Schools](#)

410-666-2966

9970 York Road

Cockeysville, MD 21030

A year round, warm water swimming facility dedicated to teaching children (and adults) to swim in a safe, warm and loving environment.

[Meadowbrook Aquatic & Fitness Center](#)

410-433-8300

5700 Cottonworth Avenue

Baltimore, MD 21209

Michael Phelps Swimming at Merritt Athletic Club

410-963-1368

8757 Mylander Lane

Towson, MD 21286

Call for the autism-specific program. Teaches water safety and swimming skills in a comfortable environment

Therapeutic Riding

[Chesapeake Therapeutic Riding](#)

443-528-7793

Year round therapeutic riding facility located in Harford County.

[The Therapeutic & Recreational Riding Center, Inc.](#)

410-489-5100

3750 Shady Lane

Glenwood, MD 21738

Provides both physical and occupational therapy on horseback, treating a wide range of disabilities

Therapeutic Horseback Riding Program

443-487-1347

A cooperative effort between the Office of Therapeutic Recreation Services and the Maryland Council for Special Equestrians (MCSE), offers Equine Facilitated Therapy to individuals with disabilities. Operates year-round in the Catonsville area.

[Therapeutic Riding at Normandy Farms, Inc.](#)

410-836-9441

3153 Ady Road

Street, MD 21154

A program where children and adults with a variety of challenges participate to enjoy a horseback riding experience in a safe and enjoyable atmosphere.

Yoga

[Baltimore Yoga Village](#)

410-377-4800

6080 Falls Road

Baltimore, MD 21209

Offers yoga classes for all body shapes, ages and life conditions



Provided By:

Special Education Resource Center

Located @ White Oak School

8401 LeeField Road, Room 100

Baltimore, MD 21234

Phone 410-887-5443

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