

## GENERAL RECREATION

### **Baltimore County Department of Recreation & Parks Office of Therapeutic Recreation**

**410-887-5370**

[https://www.baltimorecountymd.gov/Agen  
cies/recreation/programdivision/therape  
utic/programstherapeutic.html](https://www.baltimorecountymd.gov/Agen cies/recreation/programdivision/therapeutic/programstherapeutic.html)

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 programs. The Leisure Resources newsletter lists program opportunities for individuals with disabilities.

### **Baltimore County Public Schools Allied Sports**

**443-809-2328**

[https://dci.bcps.org/department/curriculu  
m operations/athletics/allied\\_sports](https://dci.bcps.org/department/curriculum operations/athletics/allied_sports)

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.

### **The Disability Express Group**

[www.thedisabilityexpressgroup.org](http://www.thedisabilityexpressgroup.org)

Social and recreational activities for teens with disabilities.

### **Children's Developmental Class**

**443-840-1387**

**CCBC Essex Campus, 7201 Rossville Blvd.  
Baltimore, MD 21237**

[www.ccbcmd.edu/cdc](http://www.ccbcmd.edu/cdc)

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.

### **Augmenting Ability**

**443-903-9838**

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

**Office locations in: Bel Air, Lutherville,  
Pikesville and Westminster.**

Offers adapted music lessons. Music is a motivating source for many individuals. People of all ages across the world enjoy music! Goals which focus on social, emotional, physical, behavioral, cognitive, and quality of life needs can be met through music experiences. Through an assessment, the board certified-music therapist can identify areas of need and areas of strength to create a treatment plan for client success. Depending upon needs, group or individual treatment can be

### **Baltimore Adapted Recreation & Sports (BARS)**

**478-227-7386**

[www.barsinfo.org](http://www.barsinfo.org)

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

**Athletes Serving Athletes****443-272-1204**[www.athletesservingathletes.org](http://www.athletesservingathletes.org)

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

**Azure Family Concerts****Baltimore Hebrew Congregation****7401 Park Heights Avenue****Baltimore, MD 21208**[www.azurebaltimore.org](http://www.azurebaltimore.org)[www.azurebaltimore.org](http://www.azurebaltimore.org)

Variety of concerts for families living with Autism and similar challenges. ALL BEHAVIORS ARE WELCOME. Tickets are FREE and are available one month before each concert. Schedule can be found on the website.

**Best Buddies Maryland****410-327-9812****101 North Haven Street, Suite 205****Baltimore, MD 21224**[www.bestbuddies.org/maryland](http://www.bestbuddies.org/maryland)

Creates opportunities for one-to-one friendships, integrated employment and leadership development for people with intellectual and developmental disabilities.

**Capernaum Baltimore****443-841-4504**[capernaumbaltimore.younglife.org](http://capernaumbaltimore.younglife.org)

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.

**Club 1111****410-323-0500****1111 E Cold Spring Lane****Baltimore, MD 21239**[www.leagueforpeople.org/club1111](http://www.leagueforpeople.org/club1111)

Maryland's first and only adult night club for people with disabilities that includes DJs, dancing, spa, games and much more! Second Saturday of every month, 6:00-10:00 PM. 18+

**The League for People with Disabilities****410-323-0500****1111 E Cold Spring Lane****Baltimore, MD 21239**[www.leagueforpeople.org](http://www.leagueforpeople.org)

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.

**KEEN JHU Sports Program****(Kids Enjoy Exercise Now)****443-687-9617**[keengrdc.balt1@gmail.com](mailto:keengrdc.balt1@gmail.com)[www.keengreaterdc.org](http://www.keengreaterdc.org)

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.

**Jewish Community Center of  
Greater Baltimore  
410-559-3506**

**3506 Gwynnbrook Avenue  
Owings Mills, MD 21117**

[www.jcc.org](http://www.jcc.org)

Provides appropriate social and recreational programs for children, teens and adults with disabilities. Our programs give participants the opportunity to interact with their peers, enhance self-esteem and improve social skills.

**Special Olympics Maryland  
Baltimore County  
443-386-7583**

[www.somd.org](http://www.somd.org)

Offers a safe, accepting environment where individuals eight years and older with intellectual disabilities can succeed in sports.

**Kennedy Krieger Institute  
Physically Challenged Sports Program  
443-923-7844**

**Greenspring Campus  
3825 Greenspring Avenue  
Baltimore, MD 21211**

<https://www.kennedykrieger.org/community/initiatives/physically-challenged-sports>

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.

## CHEERLEADING

**Regal All-Stars, LLC  
410-935-0359**

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

A program of competitive cheerleading and dance teams including the Baltimore County Special Olympics Cheerleading Squads, The CATZ (part time) and Recon (full year).

## EXPRESSIVE ARTS

**Karina Café  
800-554-7549**

**1911 Jenifer Rd., Timonium, MD 21093**

<https://www.karina-association.org/>

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**

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

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)**  
[www.wish-a-fish.org](http://www.wish-a-fish.org)

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

## GYMNASTICS

**Rebounders (Timonium): "I Can Do It Too"**  
**410-252-3374**  
**7 W Aylesbury Road, Suite A**  
**Timonium, MD 21093-4132**  
[www.rebounders.com](http://www.rebounders.com)

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.

## ICE HOCKEY

**Baltimore Area Special Hockey, Inc.**  
**Home of the Baltimore Saints**  
**410-370-1818**  
**Reisterstown Sportsplex**  
**401 Mitchell Drive**  
**Reisterstown, MD 21136**  
[www.baltimoresaintshockey.org](http://www.baltimoresaintshockey.org)  
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.

## MARTIAL ARTS

**Baltimore Martial Arts Academy**  
**410-465-7799**  
**6565 Baltimore National Pike**  
**Catonsville, Maryland 21228**  
[www.baltimoremartialarts.com](http://www.baltimoremartialarts.com)

**US Martial Arts Academy, Ltd**  
**410-561-9882**  
**10540 York Road, Suite J**  
**Cockeysville, Maryland 21030**  
[www.usmaltd.com](http://www.usmaltd.com)

## ROCK CLIMBING

**Earth Treks Climbing Center**  
**1-800-CLIMB-UP (1-800-254-6287)**  
**410-560-5665**  
**1930 Greenspring Drive**  
**Timonium, MD 21093**  
[www.EarthTreksClimbing.com](http://www.EarthTreksClimbing.com)  
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

[www.downtownsailing.org](http://www.downtownsailing.org)

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**

[www.baltimorebsa.org](http://www.baltimorebsa.org)

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**

[www.gscm.org](http://www.gscm.org)

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**

[www.brasski.org](http://www.brasski.org)

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**

<https://www.usyouthsoccer.org/programs/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 with ages 4-19, with a disability.

## SWIMMING

### **Kids First Swim Schools**

**Various locations throughout Maryland.**

<https://kidsfirstswimschools.com/>

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

**Michael Phelps Swimming at Merritt Athletic Club**  
410-963-1368  
8757 Mylander Lane, Towson, MD 21286  
<https://merrittclubs.com/programs/aquatics/>

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

## THERAPEUTIC RIDING

**Chesapeake Therapeutic Riding**  
443-528-7793  
<http://ctrchanginglives.org/>  
Year-round therapeutic riding facility located in Harford County.

**The Therapeutic & Recreational Riding Center, Inc.**  
410-489-5100  
3750 Shady Lane, Glenwood, MD 21738  
[www.trrcmd.org](http://www.trrcmd.org)  
Provides both physical and occupational therapy on horseback, treating a wide range of disabilities.

**Therapeutic Horseback Riding Program**  
410-418-4300  
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  
[www.normandyfarm.org](http://www.normandyfarm.org)

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

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

**Child's Heart Yoga**  
410-688-3118  
[bridget@childsheartyyoga.com](mailto:bridget@childsheartyyoga.com)  
<https://childsheartyyoga.com/>

Child's Heart Yoga is committed to the enrichment and education of children through the power of yoga. Teaching how to focus using yoga techniques modified for children, we have seen positive results in behavior, attitude and emotion. Located in Baltimore County.