

Recreation Programs

Agency	Address	Contact	Population Served	Description of Program
14th Street Y	The KOL Program 344 East 14th St. New York, NY 10003	Blair Davis T: 646-395-4339 E: BDavis@14streety.org W: www.14streety.org	Children diagnosed with ASD, communication and language delays, ADD, ADHD, and other developmental disabilities who have a strong level of independence.	Saturday Program for individuals, ages 4-17. Super Soccer Stars, Capoeira, Music Works, Art, Creative Movement. Special Needs swim classes also offered through aquatics program. Fee charged. Limited scholarships available.
92nd St. Y	1395 Lexington Ave. New York, NY 10128	T: 212-415-5767 W: www.92y.org	Children with DD	Enrichment classes available in aquatics, gymnastics and Jewish culture.
92nd St. Y	1395 Lexington Ave. New York, NY 10128	Dana Gottfried T: 212-415-5414 W: www.92y.org	Children with DD	Jewish Education
Achilles International	42 W. 38th St. 4th floor New York, NY 10018	Karen Lewis T: 212-354-0300 x305 W: www.achillesinternational.org/chapters/national/nyc	Individuals with DD, ages 5-21, and their siblings	Free running/ walking/ "rolling" program that meets 2 - 4x/month on weekend mornings. Parent/ guardian must accompany child.
AHRC New York City	83 Maiden Lane 9th Floor New York, NY 10038	Referral + Information Center T: 212-780-4491/4493 E: referrals@ahrcnyc.org W: www.ahrcnyc.org	Individuals with ID, ages 21+, who are enrolled in the HCBS Medicaid Waiver	Adult Day Respite Sat.10:00am-3:00pm, Oct.-May. Creative arts, music + dance, recreational sports, seasonal events, community outings. Transportation provided. Spanish spoken. Wheelchair accessible.
AHRC New York City	83 Maiden Lane 9th Floor New York, NY 10038	Referral + Information Center T: 212-780-4491/4493 E: referrals@ahrcnyc.org W: www.ahrcnyc.org	Individuals with ID, ages 5+, who are enrolled in the HCBS Medicaid Waiver	Saturday Children's Respite- 10:00am-3:00pm, Oct.-May. Creative arts, music + dance, recreational sports, seasonal events, community outings. Transportation provided. Wheelchair accessible.

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AHRC New York City	83 Maiden Lane 9th Floor New York, NY 10038	Referral + Information Center T: 212-780-4491/4493 E: referrals@ahrcnyc.org W: www.ahrcnyc.org	Individuals with ID, ages 5-16, who are enrolled in the HCBS Medicaid Waiver	Manhattan School Holiday Respite for 5 weeks a year when schools are on break. Creative arts, music + dance, recreational sports, community outings, seasonal events. Transportation provided. Wheelchair accessible.
AHRC New York City	83 Maiden Lane 9th Floor New York, NY 10038	Referral + Information Center T: 212-780-4491/4493 E: referrals@ahrcnyc.org W: www.ahrcnyc.org	Individuals with DD, ages 18-40, who can travel independently	Inclusive basketball program for individuals, ages 18 – 40, who are independent travelers. Operates at a site in Brooklyn easily accessible by public transport and open to participants from all boroughs. Sunday mornings, 10 a.m. – 12 p.m. Drills and games each weekend with peers with and without developmental disabilities. No waiver requirement.
ArchCare	1432 Fifth Avenue New York, NY 10035	Reception T: 646-289-7700 W: www.archcare.org	Participants of the Program of All-Inclusive Care for the Elderly (PACE Program). Ages 55 and up	Recreational activities, trips and shopping excursions
Asser Levy Recreation Center	392 Asser Levy Place at E. 23rd St (1 block west of FDR Drive) New York, NY 10010	T: 212-447-2020 W: www.nycgovparks.org/facilities/recreationcenters	Individuals with & without DD	Recreation Center: wheelchair accessible fitness rooms for ages 16+ and indoor heated pool. Admission: membership fee free for age 17 and under; \$75/6 months ages 25-61; \$25/year ages 18-24 and 62+.
Association for Metroarea Autistic Children (AMAC)	25 West 17th St. New York, NY 10011	Felicia Richgat T: 212-645-5005 x3305 W: www.amac.org	Individuals, ages 6-14, with autism or PDD. Ambulatory with self-care skills	Mon.-Fri. 2:30pm-4:30pm and Saturday 9:00am-3:00pm. Arts + Crafts, games, motor activities, etc. Transportation provided with fee.

Recreation Programs (cont'd)

Agency	Address	Contact	Population Served	Description of Program
Atlas Foundation for Autism	252 West 29th St. 3rd Floor New York, NY 10001	Amanda Friedman or Alison Berkley T: 212-256-0846 C: Amanda Friedman 914-494-9888 E: info@atlasforautism.org W: www.atlasforautism.org	Children with ASD, LD, ADD, OCD and other developmental disabilities	Free Program Alternating Saturdays and Open Art Sundays for families to connect at sensory gym and music room.
Children's Museum of the Arts	103 Charlton St. New York, NY 10014	Michelle Lopez T: 212-274-0986 E: mlopez@cmayn.org W: www.cmany.org	Families with children with disabilities	Inclusive Sundays (+ some Saturdays for children with ASD). For children <6, family class explores different art mediums as an intro to art fundamentals. For ages 7+, weekly drop-off class for children with physical disabilities, their siblings or friends. Monthly Media Lab for children with ASD, ages 7+. Art projects in Fine Arts + Media Arts. No fee. Free admission with preregistration for child with disability + 1 adult during public museum hours.
CO/LAB Theater Group	P.O. Box 727 New York, NY 10108	T: 347-989-4338 E: info@colabtheatergroup.com W: www.colabtheatergroup.com	Individuals with DD, all ages	Offers individuals with DD a creative + social outlet through theater arts. On-site classes, ages 14+, are a semester of about 10-15 classes culminating in a performance. No fee; small security deposit required. Off-site workshops. All ages, are partnerships with other organizations. Custom programming for your community (single workshop or long-term residency) for a fee.
Contemporary Guidance Services	52 Broadway 4th Fl. New York, NY 10004	Esther Piersaint T: 646-214-1315 E: mpiersaint@cgsnyc.org W: www.cgsnyc.org	Individuals 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. Transportation provided.

Recreation Programs (cont'd)

Agency	Address	Contact	Population Served	Description of Program
Dancing Dreams	23-91 Bell Blvd. LL2C Bayside, NY 11360	Joann Ferrara T: 516-659-8704 E: joann@dancingdreams.org W: www.dancingdreams.org	Children, ages 3-18, with physical + medical impairments	Weekly classes for aspiring dancers at Museum of the City of NY (103rd St. & 5th Ave.) and in Queens. Dancers are paired w/ trained high school students. End of year performance. Suggested donation requested but no child turned away due to inability to pay.
Daniel's Music Foundation	1595 Lexington Ave. 2nd Floor New York, NY 10029	Carla Sullivan T: 212-289-8912 W: www.danielsmusic.org	Individuals with DD and/or physical disabilities, ages 3 to adult	Fee-based music programs, including Saturday Family + Friends: private music lessons, dance parties, + recreational group classes + birthday parties.
Epilepsy Foundation of Metropolitan New York	65 Broadway Suite 505 New York, NY 10006	Miriam Castro T: 212-677-8550 x 14 W: www.efmny.org	Individuals, age 18+, ambulatory, with a primary diagnosis of epilepsy	Saturday afternoon socialization group with community outings from 1:00-4:00 pm. 2x/month. Transportation not provided.
Esperanza Center	516 West 181st St. New York, NY 10033	Elizabeth Lindao T: 212-928-5810 x120 E: elindao@esperanzacenter.com W: www.esperanzacenter.com	Individuals, age 18+, with DD, ambulatory, living in northern Manhattan	Wednesday evening recreation program: Wed. 3:30 -6:30 pm. Transportation provided. Spanish spoken.
Esperanza Center	516 West 181st St. New York, NY 10033	Elizabeth Lindao T: 212-928-5810 x120 E: elindao@esperanzacenter.com W: www.esperanzacenter.com	Individuals, age 18+, with DD, living in northern Manhattan	Saturday recreation program: 10-3pm. Transportation provided. Spanish spoken.
Esperanza Center	516 West 181st St. New York, NY 10033	Juan Carlos Espinal, Dennisse Pinargote T: 212-928-5810 x105, 126 E: jcespinal@esperanzacenter.com dpinargote@esperanzacenter.com W: www.esperanzacenter.com	Children and adults with DD, ages 5 and up	3-day weekend getaway program. Resort vacation for small groups, fully supervised. Spanish spoken. Transportation to and from resorts provided.

Recreation Programs (cont'd)

Agency	Address	Contact	Population Served	Description of Program
Extreme Kids & Crew	71 Sullivan St. Brooklyn, NY 11231 62-85 Forest Avenue Ridgewood, NY 11385	T: 347-410-6050 E: info@extremekidsandcrew.org W: www.extremekidsandcrew.org	Children of DD and their families. Ages range from 5-12 with no official age limit.	We offer children with disabilities and their families a community center to play and create. Our organization has two sensory gyms in Queens and Brooklyn where we offer arts and play based programming. All of our programming is free to low-cost.
Friendship Circle	121 West 19th St. New York, NY 10001	Dina Shanowitz T: 646-820-1066 E: dina@friendshipnyc.com W: www.friendshipnyc.com	Individuals, ages 5-18, with DD	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 19th St. New York, NY 10001	Dina Shanowitz T: 646-820-1066 E: dina@friendshipnyc.com W: www.friendshipnyc.com	Children with DD, ages 5-18	First + third Sunday of each month. Teen volunteers work with individuals on music, movement and art activities. Specialties such as cooking, science + sports are added in. Sunday Circle fee of \$25/session.
Gateway Counseling Center (GCC)	4500 Furman Ave. Bronx, NY 10470	Mary Tejada, Intake Coordinator T: 718-325-5021 F: 718-504-4355 W: www.gccnyc.org	Individuals with DD, ages 19+, who live above 96th Street in Manhattan, living with family, independently, or in a supportive residence. Medicaid required	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, and community activities. Serves individuals who are non-ambulatory. Door-to-door transportation
General Human Outreach in the Community (GHO)	125-10 Queens Blvd. #2705 Kew Gardens, NY 11415	Pat Liu T: 718-261-6552 x2012 W: www.ghoinc.org	Individuals with DD, age 18+	Weekend respite recreation program. Conducted in Chinese. No fee. Transportation provided. Chinese & Korean spoken.

Recreation Programs (cont'd)

Agency	Address	Contact	Population Served	Description of Program
GiGi's Playhouse	106 West 117th St New York, NY 10026	Jasmin Serrer, Site Coordinator T: 646-801-7529 E: nyc@gigisplayhouse.org W: www.gigisplayhouse.org/newyork	Individuals with Down Syndrome+ their families	Dance, literacy, visual arts, music, sports, as well as special events. All programs are free. Not a drop-off program. Caregiver is expected to remain with participant.
JCC Manhattan	334 Amsterdam Ave. New York, NY 10023	T: 646-505-4444 E: info@jccmanhattan.org W: www.jccmanhattan.org/specialneeds	Individuals, ages 5-19, with ASD	Highly structured class emphasizing critical social + day-to-day living skills. Fee charged.
JCC Manhattan	334 Amsterdam Ave. New York, NY 10023	T: 646-505-4444 E: info@jccmanhattan.org W: www.jccmanhattan.org/specialneeds	Individuals with DD, ages 5-14	Swim class. Fee charged.
JCC Manhattan	334 Amsterdam Ave. New York, NY 10023	T: 646-505-4444 E: info@jccmanhattan.org W: www.jccmanhattan.org/specialneeds	Children with DD, including ASD	Sunday program. Classes include music therapy, art, Jewish culture with MATAN, sports, social skills, drama, fitness and art. Coffee & conversation for parents also available. Fee charged.
JCC Manhattan	334 Amsterdam Ave. New York, NY 10023	T: 646-505-4444 E: info@jccmanhattan.org W: www.jccmanhattan.org/specialneeds	Individuals, ages 16-21, with DD, including ASD, who have a high level of independence	Sunday recreation program emphasizing life skills + social skills. Fee charged.
Jewish Museum	1109 5th Ave. New York, NY 10128	Dara Cohen-Vasquez T: 212-423-3256 W: www.thejewishmuseum.org E: access@thejm.org	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. 4x/yr. Free.

Recreation Programs (cont'd)

Agency	Address	Contact	Population Served	Description of Program
Keoni Movement Arts	305 W. 38th St. New York, NY 10018	Paul Keoni Chun T: 212-643-9013 E: info@keonimovementarts.org W: www.keonimovementarts.org	Individuals with DD who have a mild to moderate level of independence	Movement classes in Yoga, Dance & Gymnastics. Fee charged. Financial assistance available.
Kids Enjoy Exercise Now (KEEN)	Recreation 54 348 E. 54th St. New York, NY 10022	T: 212-768-6785 E: info@keennewwork.org W: www.keennewyork.org	Individuals, ages 5-21, with DD and other disabilities	Sports program and arts & crafts program with 1:1 volunteers at Recreation 54. Also swim program at 92nd St. Y. All programs meet on select Saturdays. Free.
Lifespire	159 E. 125th St. 2nd Floor New York, NY 10035	Maria Murray T: 646-753-1355 E: mmurray@lifespire.org W: www.lifespire.org	Individuals, age 21+, with DD	Respite/recreation Tuesdays and Thursdays 3-6pm.
Matthew P. Sapolin Playground (Formerly Playground 90)	W. 70th St. between West End & Amsterdam Aves.	T: 311 W: www.nycgovparks.org/facilities/playgrounds to find an accessible playground near you	Individuals with and without physical disabilities	Wheelchair accessible playground.
Metropolitan Museum of Art	1000 5th Ave. New York, NY 10028	T: 212-650-2010 E: access@metmuseum.org W: www.metmuseum.org/events/programs/met-access	Individuals, ages 15-17 and ages 18+, with DD	Discoveries Program. Art workshops on scheduled Sundays year round. Workshops, for individuals + family members, consist of a thematic tour of Museum, followed by a related art project. Free. Reservations necessary. Other programs available for visitors w/ disabilities.
Museum of Modern Art	11 West 53rd St. New York, NY 10019	Access Programs Create Ability T: 212-408-6447 E: accessprograms@moma.org W: www.moma.org	Individuals with LD and DD	Different themes each month exploring various artworks in the galleries and creating artworks in the classroom. Morning program for individuals under age 18. Afternoon program for ages 18+. Free. Reservations are required.

Recreation Programs (cont'd)

Agency	Address	Contact	Population Served	Description of Program
Quality Services for the Autism Community (QSAC)	Sat. Rec. Program Hollis Campus 196-10 Woodhull Ave. Hollis, NY 11423	Johnny Nunez T: 718-728-8476 x1222 or 718-7AUTISM W: www.qsac.com	Individuals, ages 8-21, with autism	Saturday recreation from 11AM to 3PM in Queens. Transportation from Manhattan provided.
Recreation Center 54	348 E. 54th St. between 1st and 2nd Aves. New York, NY 10022	T: 212-754-4277 W: www.nycgovparks.org/facilities/recreationcenters/M130	Individuals with and without disabilities	Accessible recreation center with pool, fitness room. Hours: Mon.-Fri. 6:30 AM – 9:15 PM. Sat. 8:00 AM – 3:45 PM. Admission: \$75/6 months or \$150/year ages 25-61. Under 17 free. \$25/year ages 18-24, and 62+. 10% off when you use your NYC ID card
Safe Haven West Side Basketball League: Champions Division	P.S. 163 on West 97th St. between Columbus and Amsterdam Aves.	Ken McGrory T: 917-592-9665 E: kenneth.mcgrory@rabobank.com W: www.safehavenhoops.org	Individuals, children & adults, with DD	Basketball program designed to adapt to the needs of each participant. Individual attention. Older players/ volunteers are paired with champions as buddies. Games occur on Saturdays from December to March. Fee: \$160. Some full and partial scholarships available.
Sparkidz	45 E. 81st St. PS6 New York, NY 10028	Frank Fox T: 917-930-6446 W: www.sparkidz.org	Individuals, ages 6-21, with DD, including ASD	Full day Saturday social/ recreation program 10:30 am- 3:30 pm, Sept – June. Fees vary on a sliding scale.
Special Needs Activity Center for Kids (SNACK)	316 East 53rd St. New York, NY 10022	Liz Brady T: 212-439-9996 E: liz@snacknyc.com	Individuals with DD, ages 3-21 years	Snackactivities Program with art, music, yoga, movement & more: Thurs 3-6PM, Fri 4:30 - 8:30PM, Sat. + Sun. 11-1PM, Sun 1:15-3:15PM. Siblings welcome; Soccer: Sat 1PM, Sun 10AM. Sports: Sat 2-3:30 PM. Music Theater: Sat 1PM. Swim at St. Bart's offers 1:1 private swimming lessons Tues, Wed, Sat + Sun afternoons. Teen fitness: Mon 4:30-7:30pm. Fees vary. Open enrollment for all programs.

Recreation Programs (cont'd)

Agency	Address	Contact	Population Served	Description of Program
Special Olympics Inc.	211 East 43rd St. Suite 802 New York, NY 10017	T: 518-388-0790 x 2215 F: 212-661-4327 W: www.specialolympicsny.org	Individuals, ages 8+, with IDD	22 sports with divisions by gender, age, and ability level. Free
Sprout	270 W. 96th St. 2nd Floor New York, NY 10025	Wanitta Berry T: 212-222-9575 W: www.gosprout.org	Individuals, ages 16+ , with mild-moderate DD, ambulatory, non-deaf, non-blind, toilet trained	1 Day + evening trips in the community, weekdays + weekends, 15 times per month. Fee: \$0-\$25 each activity. No membership fee. No transportation provided.
Sprout	270 W. 96th St. 2nd Floor New York, NY 10025	Scott Randall T: 212-222-9575 W: www.gosprout.org	Individuals, ages 21+, with DD. Must be ambulatory and have a mild to moderate level of independence	Vacation Program. Weekend + weeklong trips to various destinations in the United States and Europe. Fees vary.
Sprout	270 W. 96th St. 2nd Floor New York, NY 10025	Scott Randall T: 212-222-9575 W: www.gosprout.org	Individuals, ages 14-21, with DD. Must be ambulatory and have a mild to moderate level of independence	Free School Holiday Vacation: 5 day trips to various destinations during NYC DOE school holidays 2x per year at no cost to the individual.
Sprout	270 W. 96th St. 2nd Floor New York, NY 10025	Wanitta Berry T: 212-222-9575 W: www.gosprout.org	Individuals, ages 22+, with DD. Must be ambulatory and have a mild to moderate level of independence	Free weekend trip program. Four weekends (Fri-Sun) available per year to various destinations. No fee.
Super Soccer Stars	606 Columbus Ave. New York, NY 10024	T: 212-877-7171 E: info@supersoccerstars.com W: www.supersoccerstars.com	Individuals, ages 4+, with DD	Shine Program: Soccer development program for people w/ DD using soccer to increase socialization, task completion, following directions in a fun environment. Fee charged. Scholarships available for eligible families.
United Cerebral Palsy (UCP of NYC)	251 West 154th St. New York, NY 10039	Carmen Orellana T: 646-625-5000 x5015 E: corellana@ucpnyc.org E: panzalone@ucpnyc.org	Individuals, ages 13-29, with DD including non-ambulatory	SPIRIT Sat. recreation program: 10:00am-3:00pm, 12 months except major holidays. Program includes creative activities, sports, cooking, social experiences and community activities. Transportation provided. Spanish spoken. Free.

Recreation Programs (cont'd)

Agency	Address	Contact	Population Served	Description of Program
United Cerebral Palsy (UCP of NYC)	251 West 154th St, New York, NY 10039	Carmen Orellana T: 646-625-5000 x5015 E: corellana@ucpnyc.org E: panzalone@ucpnyc.org	Adults, age 18+, with DD	Club Disco meets 2x/month for a Friday evening social event and Disco. Light supper served. No transportation.
West Side Little League Challenger Division	Baseball fields at 77th St. in Riverside Park	Jim Karpe T: 516-655-2713 E: karpe.jim@gmail.com W: www.westsidebaseball.org	Individuals with DD, ages 5-21, citywide.	Little League baseball where rules are adjusted to fit the abilities of the players. Meets Sunday afternoons April-June. 3 Levels. Fee \$175, includes uniform, equipment, photos. Parents supply glove and sneakers. Full + partial scholarships available. Registration deadline: February 1st.
West Side Soccer League VIP Division	Central Park, North Meadow, just above 97th St. transverse	Jim Karpe T: 516-655-2713 E: karpe.jim@gmail.com W: www.wssl.org	Individuals with DD, ages 5 and up, no upper age limit, citywide	Soccer league for children with special needs who require extra help. Coached by parents and volunteers. Meets Sundays, Sept-Nov. Fee: \$175, includes uniform, equipment, photos. Parents supply sneakers. Full + partial scholarships available. Registration deadline: June 15th.
Yachad - The National Jewish Council for Disabilities	11 Broadway 13th Floor New York, NY 10004	Amanda Levy, LCSW T: 212-613-8172 W: www.njcd.org	Individuals with DD, ages 8 to adulthood	Inclusive weekend retreats, Torah study groups, Jewish holiday celebrations, summer tours, Israel trips, summer camps for children, summer social program for adults, relationship building
YAI	460 W. 34th St. New York, NY 10001	T: YAI LINK 212-273-6182 E: link@yai.org W: www.yai.org	People with DD, ages 18+ years, who are able to travel independently	Leisure Connection: Socialization/Recreation program. Fee Charged.

Recreation Programs (cont'd)

Agency	Address	Contact	Population Served	Description of Program
YAI	460 W. 34th St. New York, NY 10001	T: YAI LINK 212-273-6182 E: link@yai.org W: www.yai.org	People, ages 16+, with mild/borderline DD, with self-care skills	Manhattan Recreation Services (including supplemental day habilitation) Provides ongoing support to adults with a mild disability through recreational/cultural activities, discussion groups for increased self-awareness, and special weekend vacation and summer trips. Recreation activities on Friday evenings; Saturday mornings, afternoons and evenings. Limited transportation available. This program is open to NYC residents who are travel trained with mild/borderline ID/DD. Fee may be charged.
YAI	460 W. 34th St. New York, NY 10001	T: YAI LINK 212-273-6182 E: link@yai.org W: www.yaiadventure.org	People, ages 18+, with LD or mild-moderate DD, with self-care skills	Leisure Trax: Offers adults with developmental and learning disabilities, vacation and travel opportunities, including weekend trips and extended vacations with domestic and international destinations. Fees vary.
YAI	460 W. 34th St. New York, NY 10001	T: YAI LINK 212-273-6182 E: link@yai.org W: www.yai.org	People with DD, ages 6-18	Holiday Respite: Recreation programs for school-age children during school breaks. Limited transportation is offered.
YAI	460 W. 34th St. 11th Fl. New York, NY 10001	T: YAI LINK 212-273-6182 E: link@yai.org W: www.yai.org	People, ages 21+, with DD	You and I: A social skills training and recreation program allowing individuals to acquire social competencies and meet new people.
YM-YWHA of Washington Heights and Inwood	54 Nagle Ave. New York, NY 10040	Deena Spindler T: 212-569-6200 x265 E: dspindler@ywashhts.org W: www.ywashhts.org/youth/special-needs	Children, ages 5-12, with DD, including ASD; speech, language + communication disorders; other DDs + children needing small group settings + additional supports	Self-contained Sunday morning recreation program; sports + gym, arts + crafts, drama, yoga, storytelling, social skills, martial arts, music + movement. Fee charged. Partial scholarships available.