


Physical activity and leisure offers many benefits to your wellbeing:

- Improved health, decreased obesity and lower risk of health problems (such as heart disease, breathing problems, diabetes, some cancers, liver disease, and early death)
- Improved strength and stronger bones, fewer joint problems and pain
- Improved mental health and better sleep
- Improved thinking and learning
- Improved social skills and builds relationships with peers
- Improved growth and development
- Improved independence, fewer medical and equipment needs

We define inclusivity as the practice of participants of all abilities engaging in recreation together.




Guide to Program Types

 This program has been evaluated with a validated Inclusivity Assessment Tool and found to meet general criteria for inclusivity including,

1. Inclusive mission;
2. Staff training for inclusivity;
3. Ongoing inclusivity plans;
4. Inclusion point of contact;
5. Available activity modification

and/or

- Partnered with a recognized inclusivity focused organization such as Rochester Accessible Adventures

 This program appears to be inclusive based on review of program information but has NOT been formally evaluated with the Inclusivity Assessment Tool.

 This program offers recreation specifically designed for people with disability.



KidsThrive585.org

Helping kids thrive with access to Great Rochester resources.

Rochester Regional Center for Autism Spectrum Disorders, Strong Center for Developmental Disabilities
in the Division of Developmental-Behavioral Pediatrics

The Hoekelman Center

www.hoekelmancenter.org

The Hoekelman Center is in the Department of Pediatrics at the University of Rochester Medical Center.

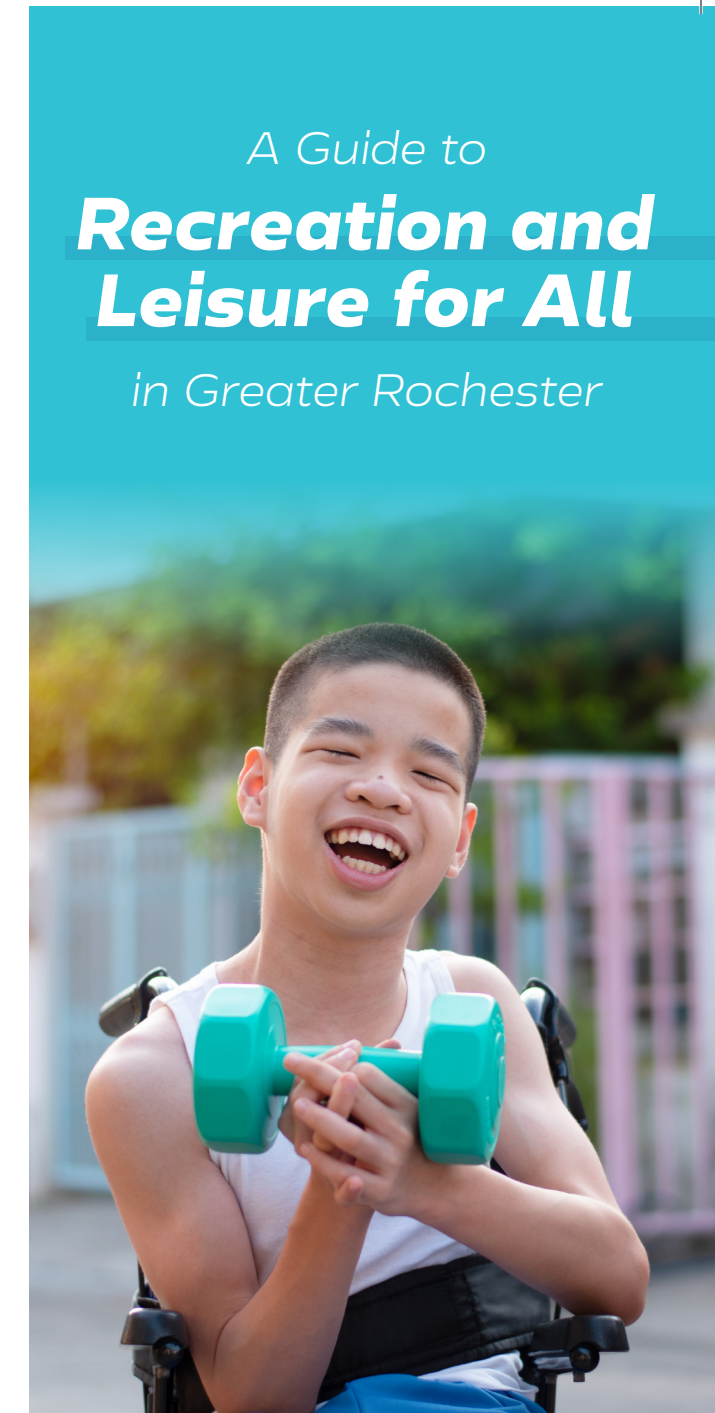


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Fellow in Developmental-Behavioral Pediatrics
Adriana Verwey, MD.

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The Hoekelman Center
for Health Beyond Medicine



Recreation

Abilities Movement

Personalized fitness/wellness classes, Power Wheelchair Soccer, and Mighty Dunks basketball. All ages.

144 Fairport Village Landing # 332
Fairport, NY 14450
(585) 690-4408 (call or text)
abilitiesmovement.org

AbilitYoga

Yoga, mindfulness, and meditation. Tailored to individual needs across all ability levels. All ages.

Rochester, NY
585-314-2450
abilityyoga.com

Adventures in Movement and Sensations (AIMS)

Indoor play space with ball pits, zip lines, swings, slides, lycra wall, "ooley gooley" room, and sensory toys. All ages.

6548 Anthony Drive, Suite B
Victor, NY 14564
(585) 924-2467
myaimscenter.com

Autism Up

Family Swim, Personal Training and Fitness Classes, Social Skills, Minecraft, Cooking and Baking, Bowling, Basketball, Soccer, Readiness, Community Readiness, Art and Music, and Instructional Support and Guidance Navigating a variety of activities in our Sensory Gym. All ages.

50 Science Parkway
Rochester, NY 14620
585-248-9011
autismup.org

Building Families First

Christ Centered Agency-Video making, Acting, Cooking, Personal Fitness, Creative Arts, African Drum Class. All ages.

111 N. Chestnut St
Rochester, NY 14604
(585) 802-2495
buildingfamiliesfirst.info

CDS Monarch Community Recreation

Recreation respite. Fitness center, pool, on-site and community recreation activities. Ages 5+

860 Hard Rd
Webster, NY 14580
585-341-4600
cdslifetransitions.org/cds-monarch

Challenger Miracle Field of Greater Rochester

Baseball/softball, bowling, soccer, flag football. Ages 4+

1000 Ridge Rd
Webster, NY 14580
(585) 737-7499
rochestermiraclefield.org

City Wide Golf

Year-round individualized golf instruction by PGA professional Gary Tatar. All ages.

Salmon Creek Country Club
355 Washington Street
Spencerport, NY 14459
585-233-8863
citywidegolf.com

Community Place of Greater Rochester

The Sky is the Limit Program offers structured recreation. Ages 5-22

57 Central Park
Rochester, NY 14605
585.327.7200 x145
communityplace.org/programs/disability-services/

CP Rochester

Recreation respite, swimming, fitness, fine arts. Ages 5+

3399 Winton Road South
Rochester, NY 14623
(585) 334-6000 x2281
cprochester.org/recreation.asp

Equicenter

Equestrian programs, yoga. Ages 3+

3247 Rush Mendon Road
Honeoye Falls, NY 14472
585-624-7772
equicenterny.org

Erie Canal Boat Company

Paddling, cycling. All ages.

7 Liftbridge Lane
Fairport, NY 14450
(585) 748-2628
eriecanalboatcompany.com

GiGi's Playhouse

Free therapeutic and educational programming. All Ages.

372 North Goodman Street
Rochester, NY 14607
585-563-7487
gigisplayhouse.org/rochester/

Gliding Stars

Ice skating. Ages 18 months+

Webster Ice Arena
Webster, NY 14580
(716) 608-8345
glidingstars.org/gliding-stars-of-rochester-ny/

Greece Rec Friends and Fun group

Social group, mini golf league, Ages 14+

Greece Parks and Recreation
1 Vince Tofany Blvd
Greece, NY 14612
(585) 225-2000
greeceny.gov/

RCommunityBike

Provides tricycles to individuals with disabilities, Mon-Sat 9am-1pm

226 Hudson Ave
Rochester, NY 14605
(585) 234-2008
rcommunitybikes.org

Rochester Accessible Adventures

Trains recreation businesses in Greater ROC, FLX & WNY regions to operate inclusively (follow updated list on website). Also supports adaptive & inclusive sports, eg, wheelchair basketball, sled hockey. All ages.

2165 Brighton-Henrietta Town Line Rd
Rochester, NY 14623
585-491-6011
rochesteraccessibleadventures.org

Rochester Rookies

Track, field, road racing, swimming, weight lifting, archery, table tennis. Ages 5+

321 New Campus Drive
Brockport, NY 14420
585-329-7484
therochesterrookies.org

RocVenture Climbing

Rock climbing. All ages.

1044 University Ave
Rochester, NY 14607
585-442-5462
rocventuresclimbing.com

Special Olympics of New York

Sports training and athletic competition in Olympic style sports. Ages 2+

1 Grove St, Suite 216
Pittsford, NY 14534
585-586-7400
specialolympics-ny.org

SportsNet

Cycling, golf, canoeing, swimming, skiing, rock climbing, bowling, gymnastics, fitness, sailing. Ages 6 months+

3399 South Winton Road
Rochester, NY 14623
585-334-6000 ext 1120
sportsnetny.wordpress.com

Strike Back Martial Arts

programs for kids (4-11) and teens (12+) who are on the Autism Spectrum and Fitness programs for kids (5-11) and teens (12+) who have Down Syndrome. All classes are open to the general public.

55 East Main St
Webster, NY 14580
(585) 236-1083
strikebackmartialarts.com

TIES - Together Including Every Student (Starbridge)

In 30 school districts in Western, Central, and Finger Lakes regions of NY. Partner with peer volunteer for participation in organized recreation or extracurricular school activities. Ages 8-21

Starbridge, 1650 South Avenue, Suite 200
Rochester, NY 14620
(585) 546-1700
www.starbridgeinc.org/ties-program

The Gymnastics Training Center of Rochester Inc.

Gymnastics. Ages 3+

2051 Fairport Nile Mile Point Road.
Penfield, NY 14526
(585) 388-8686
gtc-rochester.com

The Pieters Family Life Center

Fitness room, fitness classes, multi-purpose gymnasium, zumba, yoga, water aerobics, Creative arts studios. Operated by Heritage Christian Services. Ages 12+

125 Commons Way
Rochester, NY 14623
585-487-3500
pietersfamilylifecenter.org

TOPSoccer

Soccer. Ages 5-15

All Star Sports Arena
557 Ridge Rd
Rochester, NY 14621
(585) 957-2949
iscsoccer.com/Page.asp?n=161054&org=AWWW.ISCSOCCER.COM

Victor Parks and Rec

Large variety of programs for seasonal recreation and leisure for both Victor residents and non-residents with a designed Inclusion Coordinator. *Check out your local Parks and Rec Center for additional programs. All ages.

85 E Main St
Victor, NY 14564
585-742-0140 x5045
victorny.org

YMCA-General

Large variety of programs for youth and adult sports, gym/personal training, group exercise, arts and dance, yoga. All ages.

444 East Main Street
Rochester, NY 14604
(585) 546-5500
rochesterymca.org

Dance/Theater/Music/Art

Artists Unlimited

Theater, Voice. All ages.

PO Box 26766
Rochester, NY 14626
585-219-5188
rocartistsunlimited.com

Ashford Dance Company

Dance. Ages 1+

376 North Goodman Street
Rochester, NY 14617
585-415-3673
ashfordballet.com

Hochstein School of Music & Dance

Music, art, dance. All ages.

50 N Plymouth Ave
Rochester, NY 14614
(585) 454-4596
jennifer.phillips@hochstein.org
hochstein.org/Expressive-Arts

Music Education Centers

Music. Ages 3+

Piano Works Mall
349 West Commercial St, Suite 1000
East Rochester, NY 14445
(585) 381-7269
musicedcenters.com

Spectrum Creative Arts

Music, Art, Theater All ages.

3300 Monroe Ave
Rochester, NY 14618
(585) 383-1999
spectrumcreativearts.org

Spotted Rabbit Studio

Art, music, creative arts therapy. Ages 5+

115 Metro Park
Rochester, NY 14623
(585) 430-9877
spottedrabbitstudio.com

25 North Dance

Dance. Ages 1-18

15 South Main St
Pittsford, NY 14534
(585) 737-0680
25northdance.com

Parks/Playgrounds

Autism Nature Trail

An experience in nature, designed specifically for visitors with ASD and their families

1 Letchworth State Park
Castille, NY 14427
585-201-8066
autismnaturetrail.com

Egypt Park

Playground with some adaptive equipment and swings. Nearby walking trails.

99 Victor Rd
Fairport, NY 14450
(585) 223-5050
perinton.org/Departments/Parks/buildings/egyptpk

The Karpus Family Playground

Barrier free playground and water spray park
Challenger Miracle Field, 1000 Ridge Rd
Webster, NY 14580
(585) 737-7499
rochestermiraclefield.org

For more information on obtaining an access pass for free or discounted use of state parks, historic sites, and recreational facilities, contact 518-474-2324 during normal business hours or email accesspass@parks.ny.gov. Please note these facilities may not be considered accessible for all.

We recommend contacting organizations directly to confirm program availability during the COVID-19 pandemic.