

## Adapted Sports, Recreation and Travel Opportunities for Individuals with Disabilities As of: March 2018

Program	Website	Contact	Email	Phone
<b>ADAPTED AQUATICS</b>				
Adapted Aquatics – Arlington County Parks and Recreation	<a href="http://parks.arlingtonva.us/therapeutic-recreation">http://parks.arlingtonva.us/therapeutic-recreation</a>	Robyn Mitchell	<a href="mailto:Trinfo@arlingtonva.us">Trinfo@arlingtonva.us</a>	703 228-4740
Adapted Aquatics – Fairfax County Parks and Recreation	<a href="http://www.fairfaxcounty.gov/parks/ada/ada-aquatics.htm">http://www.fairfaxcounty.gov/parks/ada/ada-aquatics.htm</a>	Nicole Woodward	<a href="mailto:Nicole.Woodward@fairfaxcounty.gov">Nicole.Woodward@fairfaxcounty.gov</a>	703 324-8565
Adapted Aquatics – Herndon Community Center	<a href="http://www.herndon-va.gov/Content/Parks_rec/Programs_and_classes/Aquatics/default.aspx?cnlid=351">http://www.herndon-va.gov/Content/Parks_rec/Programs_and_classes/Aquatics/default.aspx?cnlid=351</a>			703 787-7300, extension 2122
Adapted Aquatics – Loudoun County	<a href="http://www.loudoun.gov/Default.aspx?tabid=804">http://www.loudoun.gov/Default.aspx?tabid=804</a>			703 771-5010
Adapted Aquatics – Reston Community Center	<a href="http://www.restoncommunitycenter.com/waterworld.html">http://www.restoncommunitycenter.com/waterworld.html</a>	Joe Leary	<a href="mailto:joe.leary@fairfaxcounty.gov">joe.leary@fairfaxcounty.gov</a>	703 390-6151
Joey Pizzano Memorial Fund	<a href="http://www.jpmpf.org">http://www.jpmpf.org</a>	Amanda Smedley	<a href="mailto:info@jpmpf.org">info@jpmpf.org</a> <a href="mailto:amandasmedley@jpmpf.org">amandasmedley@jpmpf.org</a>	703 549-4444
Lead Changes Therapy	<a href="http://www.leadchangestherapy.com">http://www.leadchangestherapy.com</a>	Natalie Conca Jared Conca	<a href="mailto:info@leadchangestherapy.com">info@leadchangestherapy.com</a> <a href="mailto:natalie@leadchangestherapy.com">natalie@leadchangestherapy.com</a>	703 943-0566
Paralympic Swim Development Program (competitive swim team for individuals w/ physical disabilities)				202 781-3786
Swim Kids schools in Woodbridge, Lake Ridge, Manassas and Fredericksburg	<a href="http://www.swimkids.us">http://www.swimkids.us</a>	Angela Baker	<a href="mailto:learn2swim@swimkids.us">learn2swim@swimkids.us</a>	703 396-7946 540 446-5437
Also, private swim lessons in Arlington		Jon Wiger	<a href="mailto:djwiger@yahoo.com">djwiger@yahoo.com</a>	612 875-3794
<b>BASKETBALL</b>				
Arlington Special Olympics Basketball		Bernie Woolfley	<a href="mailto:bwoolfley@navigantconsulting.com">bwoolfley@navigantconsulting.com</a>	202 973-4543 703 528-0066
<b>BASEBALL</b>				
Pioneer Baseball League- Alexandria	<a href="http://www.pbsl.org">http://www.pbsl.org</a>	Scott Keith	<a href="mailto:scott_w_keith@yahoo.com">scott_w_keith@yahoo.com</a>	703 933-2389

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Challenger Baseball-Arlington	<a href="http://www.arlingtonlittleleague.org">http://www.arlingtonlittleleague.org</a> <a href="http://www.eteamz.com/all">http://www.eteamz.com/all</a>	Cathy Makara	<a href="mailto:cmakara2@comcast.net">cmakara2@comcast.net</a>	
Challenger Baseball-Chantilly	<a href="http://www.chantillyyouth.org/registration/index_E.html">http://www.chantillyyouth.org/registration/index_E.html</a>	Ben Lorigo Heather Lorigo	<a href="mailto:blorigo@syabaseball.org">blorigo@syabaseball.org</a> <a href="mailto:heatherlorigo@hotmail.com">heatherlorigo@hotmail.com</a>	571 334-7066 703 309-4072
Challenger Baseball-Fairfax	<a href="http://fairfaxll.com.leag1.com">http://fairfaxll.com.leag1.com</a>	Michael Kimlick	<a href="mailto:michael.kimlick@dhs.gov">michael.kimlick@dhs.gov</a>	703 323-1043 202 329-9940
Fairfax County Youth Club- Youth Challenged League	<a href="http://www.fpycsports.com/home/default.asp?menu_category=Youth_Challenged">http://www.fpycsports.com/home/default.asp?menu_category=Youth_Challenged</a>	Bill Mundy		703 978-7544
Buddy Ball-Herndon	<a href="http://herndonbaseball.com">http://herndonbaseball.com</a>	Jay McMann	<a href="mailto:janajama@att.net">janajama@att.net</a>	703 404-0166 703 481-7828
Miracle League of City of Manassas Park	<a href="http://www.manassasparkcommunitycenter.com">http://www.manassasparkcommunitycenter.com</a>	Michael Arrington Sr.	<a href="mailto:m.arrington@manassasparkva.gov">m.arrington@manassasparkva.gov</a>	<u>703-335-8872,</u> <u>ext 3146</u>
Challenger Baseball-Reston	<a href="http://eteamz.active.com/restonlittleleague/index.cfm?subsite=2405663">http://eteamz.active.com/restonlittleleague/index.cfm?subsite=2405663</a>	Jodi King & Linda Washington-Robinson	<a href="mailto:Noahsark3@msn.com">Noahsark3@msn.com</a>	703 713-0036 703 318-7414
Challenger Baseball-Springfield	<a href="http://www.springfieldchallenger.org">http://www.springfieldchallenger.org</a>	Eddie Garretson Logan Bruno	<a href="mailto:EGarret166@aol.com">EGarret166@aol.com</a> <a href="mailto:eddie@eddiesclub.org">eddie@eddiesclub.org</a>	703 304-2330 571 331-1167
Challenger Baseball-Vienna	<a href="http://www.vll.org/">http://www.vll.org/</a>	Bill Levitt Katy Levitt Jim Tomasetti	<a href="mailto:katylevitt@hotmail.com">katylevitt@hotmail.com</a>	703 916-7350 703 283-9979 703 304-7866 703 408-5488
<b>BIKING</b>				
BIKES@VIENNA	<a href="http://www.bikesatvienna.com">http://www.bikesatvienna.com</a>	Tim Fricker	<a href="mailto:tim@bikesatvienna.com">tim@bikesatvienna.com</a>	703 938-8900
iCan Shine	<a href="http://icanshine.org">http://icanshine.org</a>	Lisa Ruby	<a href="mailto:lisa@icanshine.org">lisa@icanshine.org</a>	571 218-0770
Biking – Arlington County Parks and Recreation	<a href="http://parks.arlingtonva.us/therapeutic-recreation">http://parks.arlingtonva.us/therapeutic-recreation</a>	Cat Trovato	<a href="mailto:Trinfo@arlingtonva.us">Trinfo@arlingtonva.us</a>	703 228-4740
<b>DANCE</b>				
Expressive Therapeutic Movement	<a href="http://www.etm-movements.com/ETM-MOVEMENTS/default.htm">http://www.etm-movements.com/ETM-MOVEMENTS/default.htm</a>	Lynne Bauer		703 218-0751
Iriya Dance Movement Therapy	<a href="http://www.iriyadancetherapy.com">http://www.iriyadancetherapy.com</a>		<a href="mailto:warin@iriyadancetherapy.com">warin@iriyadancetherapy.com</a>	703 574-5151
Regan Dance Center	<a href="http://www.silviacorey.com">http://www.silviacorey.com</a>	Silvia Beltran or Eileen Greenberg	<a href="mailto:DansaiUnite@comcast.net">DansaiUnite@comcast.net</a>	571 235-7771 703 568-5299
Skill Builders Therapeutic Dance and Movement Classes	<a href="http://www.skillbuildersllc.com">http://www.skillbuildersllc.com</a>	Elizabeth McKenzie	<a href="mailto:elizabethm@skillbuildersllc.com">elizabethm@skillbuildersllc.com</a>	703-941-7757, ext. 107

## Adapted Sports, Recreation and Travel Opportunities for Individuals with Disabilities As of: March 2018

<b>GYMNASTICS</b>				
Adapted Gymnastics – Arlington County Parks and Recreation	<a href="http://parks.arlingtonva.us/therapeutic-recreation">http://parks.arlingtonva.us/therapeutic-recreation</a>	Cat Trovato	<a href="mailto:Trinfo@arlingtonva.us">Trinfo@arlingtonva.us</a>	703 228-4740
Adapted Gymnastics - Fairfax County Park Authority	<a href="http://www.fairfaxcounty.gov/parks/ada/ada-gym.htm">http://www.fairfaxcounty.gov/parks/ada/ada-gym.htm</a>	Nicole Woodward	<a href="mailto:nicole.woodward@fairfaxcounty.gov">nicole.woodward@fairfaxcounty.gov</a>	703 324-8565
JW Tumbles Gym, Ashburn	<a href="http://ashburn.jwtumbles.com">http://ashburn.jwtumbles.com</a>	Michael Lee		703 729-3880 703 786-3687
Northern Virginia Gymnastics Academy	<a href="http://nvgagym.com">http://nvgagym.com</a>	Mike Comini Debbie Giovanis	<a href="mailto:cnvga@aol.com">cnvga@aol.com</a> <a href="mailto:debbiegiovanis@comcast.net">debbiegiovanis@comcast.net</a>	703 430-5434
<b>HOCKEY</b>				
NOVA Cool Cats Ice Hockey	<a href="http://www.novacoolcats.org">http://www.novacoolcats.org</a>	Randy Brawley Bertra McGann Teresa Wellman	<a href="mailto:madref@verizon.net">madref@verizon.net</a> <a href="mailto:bbmcgann@aol.com">bbmcgann@aol.com</a> <a href="mailto:teresaw@gmail.com">teresaw@gmail.com</a>	703 395-6278 703 536-4131
<b>ICE SKATING</b>				
Adapted Ice Skating – Fairfax County Park Authority	<a href="http://fairfaxcounty.gov/parks/parktakes">http://fairfaxcounty.gov/parks/parktakes</a>	Carl Kirtley	<a href="mailto:carl.kirtley@fairfaxcounty.gov">carl.kirtley@fairfaxcounty.gov</a>	703 768-3224
Kettler Iceplex Learn To Skate		Lori Cervinka	<a href="mailto:LTS@KettlerCapitalsIceplex.com">LTS@KettlerCapitalsIceplex.com</a>	571 224-0555
Figure and speed skating classes		Helen Rose	<a href="mailto:henierose@yahoo.com">henierose@yahoo.com</a>	202 431-4797
<b>HORSEBACK RIDING</b>				
Therapeutic Riding Association of Virginia	<a href="http://www.travinc.org">http://www.travinc.org</a>	Mary Jo Beckman	<a href="mailto:mjbeckman@gmail.com">mjbeckman@gmail.com</a>	703 538-6329
Bridle Paths	<a href="http://www.bridlepathsva.org">http://www.bridlepathsva.org</a>	Kathleen Fallon	<a href="mailto:bridlepaths@gmail.com">bridlepaths@gmail.com</a>	571 216-9089
Golden Dreams Riding	<a href="http://www.goldendreamsriding.org">http://www.goldendreamsriding.org</a>	Lisa Vella		540 687-5800
Lift Me Up Therapeutic Riding Center	<a href="http://www.liftmeup.org">http://www.liftmeup.org</a>	Georgia Bay	<a href="mailto:info@liftmeup.org">info@liftmeup.org</a>	703 759-6221
Loudoun Therapeutic Riding Foundation	<a href="http://www.ltrf.org">http://www.ltrf.org</a>	Joanne Hart	<a href="mailto:jhart@ltrf.org">jhart@ltrf.org</a>	703 771-2689
Northern Virginia Therapeutic Riding Program	<a href="http://www.nvtrp.org">http://www.nvtrp.org</a>	Linda Aikey	<a href="mailto:info@nvtrp.org">info@nvtrp.org</a>	703 764-0269
Phoenix Rising Therapeutic Equestrian Program	<a href="http://www.phxrisingcenter.org">http://www.phxrisingcenter.org</a>			540 219-5002
Project Horse	<a href="http://www.projecthorse.org">http://www.projecthorse.org</a>		<a href="mailto:info@projecthorse.org">info@projecthorse.org</a>	703 517-6964

## Adapted Sports, Recreation and Travel Opportunities for Individuals with Disabilities As of: March 2018

Rainbow Center Therapeutic Riding Center	<a href="http://www.rainbowriding.org">http://www.rainbowriding.org</a>	Debi Alexander Katherine Gotthardt	<a href="mailto:debidalexander@gmail.com">debidalexander@gmail.com</a> <a href="mailto:kgotthardt@comcast.net">kgotthardt@comcast.net</a> <a href="mailto:rainbow@rainbowriding.org">rainbow@rainbowriding.org</a>	703 745-6159 703 530-7445
Seven Stars Therapeutic Center		Gloria Combs	<a href="mailto:lgcombs@shentel.net">lgcombs@shentel.net</a>	540 234-0661
Simple Changes Therapeutic Riding	<a href="http://www.simplechanges.org">http://www.simplechanges.org</a>	Corliss Wallingford Jenny Spain	<a href="mailto:simplechanges@hotmail.com">simplechanges@hotmail.com</a>	703 402-3613
Spirit Open Equestrian Program	<a href="http://www.spiritequestrian.org">http://www.spiritequestrian.org</a>	Davorka Suvak Diane Pires	<a href="mailto:dada357@gmail.com">dada357@gmail.com</a> <a href="mailto:rep2diane@aol.com">rep2diane@aol.com</a>	703 600-9667
Sprout Therapeutic Riding and Education Center	<a href="http://www.sproutcenter.org">http://www.sproutcenter.org</a>	Brooke Waldron	<a href="mailto:info@sproutcenter.org">info@sproutcenter.org</a>	703 965-8628
<b>MARTIAL ARTS</b>				
Aikido in Fredericksburg	<a href="http://www.aikidoinn.com">http://www.aikidoinn.com</a>			540 582-9600
Jhoon Rhee Institute	<a href="http://www.adaptivetkd.com">http://www.adaptivetkd.com</a> or <a href="http://arlingtonkicks.com/adaptive-martial-arts">http://arlingtonkicks.com/adaptive-martial-arts</a>	Anna Rome	<a href="mailto:RheeFC@gmail.com">RheeFC@gmail.com</a>	703 237-7433
Lead By Example Tae Kwon Do	<a href="http://www.leadbyexampletaekwondo.com">http://www.leadbyexampletaekwondo.com</a>	Robin Moyher Tommy Lightfoot	<a href="mailto:remoyher@gmail.com">remoyher@gmail.com</a> <a href="mailto:lbetkdfo@aol.com">lbetkdfo@aol.com</a>	703 391-1754 703 273-1100
Four Directions	<a href="http://www.dkskick.com/site/view/73276_ADDADHDAUSTISMSPECTRUMS_PECIALNEEDSADAPTIV.pml;jsessionid=9m3p8dkfqlkp">http://www.dkskick.com/site/view/73276_ADDADHDAUSTISMSPECTRUMS_PECIALNEEDSADAPTIV.pml;jsessionid=9m3p8dkfqlkp</a>	Michael Dietrich	<a href="mailto:dietrichsburkelake@icloud.com">dietrichsburkelake@icloud.com</a>	703 425-5425
<b>SKIING</b>				
Liberty Mountain Resort Adaptive Skiing	<a href="http://www.brasski.org">http://www.brasski.org</a> <a href="http://www.skiliberty.com/adaptive.htm">www.skiliberty.com/adaptive.htm</a>	Leslie and Dick White	<a href="mailto:info@brasski.org">info@brasski.org</a>	717 642-8282, ext. 3479
Massanutten Therapeutic Adventures	<a href="http://www.therapeuticadventures.com">http://www.therapeuticadventures.com</a> <a href="http://www.taonline.org">http://www.taonline.org</a>	Mark Andrews	<a href="mailto:adaptive.guide@gmail.com">adaptive.guide@gmail.com</a> <a href="mailto:Elitesochoc4@msn.com">Elitesochoc4@msn.com</a>	434 295-3973
Snowshoe Mountain Adaptive Skiing	<a href="http://www.snowshoemtn.com/rentals-and-lessons/adaptive/index.htm">http://www.snowshoemtn.com/rentals-and-lessons/adaptive/index.htm</a>	David Begg, George & Teena Mangano	<a href="mailto:dbegg@snowshoemtn.com">dbegg@snowshoemtn.com</a> <a href="mailto:tmangano@vacoxmail.com">tmangano@vacoxmail.com</a>	304 572-6708 703 242-9487
Whitetail Two Top Mountain Adaptive Sports	<a href="http://www.twotopadaptive.org">http://www.twotopadaptive.org</a>	Bill Dietrich	<a href="mailto:bill@twotopadaptive.org">bill@twotopadaptive.org</a>	717 507-7668 717 328-9400, ext. 3582
Wintergreen Adaptive Sports	<a href="http://www.skiwas.org">http://www.skiwas.org</a>	Tom Brown	<a href="mailto:info@skiwas.org">info@skiwas.org</a>	434 325-2007
<b>SOCCER</b>				
Virginia Youth Soccer Association	<a href="http://www.vysa.com/programs/34617/index_E.html">http://www.vysa.com/programs/34617/index_E.html</a>	Sharon Wells Ed DeMulder	<a href="mailto:topsoccer@vysa.com">topsoccer@vysa.com</a> <a href="mailto:emdemulder@comcast.net">emdemulder@comcast.net</a>	703 618-6076 802 734-7883

## Adapted Sports, Recreation and Travel Opportunities for Individuals with Disabilities As of: March 2018

TOPSoccer Alexandria	<a href="http://www.alexandria-soccer.com">http://www.alexandria-soccer.com</a>	Bill Dwyer		703 549-6535
TOPSoccer Arlington	<a href="http://arlingtonsoccer.com/otherasaprograms/topsoccer-2">http://arlingtonsoccer.com/otherasaprograms/topsoccer-2</a>	Joe Lerner	<a href="mailto:topsoccer@arlingtonsoccer.com">topsoccer@arlingtonsoccer.com</a>	703 522-5866 703 395-7379
Arlington Special Olympics Soccer		Bernie Woolfley	<a href="mailto:bwoolfley@navigantconsulting.com">bwoolfley@navigantconsulting.com</a>	202 973-4543 703 528-0066
TOPSoccer Burke	<a href="http://www.burkeathleticclub.org">http://www.burkeathleticclub.org</a>			
TOPSoccer Chantilly	<a href="http://www.chantillyyouth.org/soccer/topsoccer/index_E.html">http://www.chantillyyouth.org/soccer/topsoccer/index_E.html</a>	Genevieve McManus	<a href="mailto:genevieve_mcmanus@yahoo.com">genevieve_mcmanus@yahoo.com</a>	703 378-8787
TOPSoccer Gunston		Theodore Renaud	<a href="mailto:theodore.renaud@cox.net">theodore.renaud@cox.net</a>	
TOPSoccer Loudoun	<a href="http://www.lysa.net">http://www.lysa.net</a>	Jayne Hope	<a href="mailto:hopefamily4@verizon.net">hopefamily4@verizon.net</a> <a href="mailto:rich351854@yahoo.com">rich351854@yahoo.com</a>	703 771-3203
TOPSoccer Manassas	<a href="http://www.novasc.org">http://www.novasc.org</a>	Bill Van Wickler	<a href="mailto:info@novasc.org">info@novasc.org</a>	703 794-7672
TOPSoccer McLean	<a href="http://www.mcleansoccer.org">http://www.mcleansoccer.org</a>	Eric Olson	<a href="mailto:ericandsusanolson@yahoo.com">ericandsusanolson@yahoo.com</a>	571 633-0730
TOPSoccer Prince William County	<a href="http://www.pwsi.org/TOPSoccer">http://www.pwsi.org/TOPSoccer</a>	Caroline Mosley		703 609-1461
TOPSoccer Reston	<a href="http://www.restonsoccer.com/home/default.asp?menu_category=Home&amp;menuid=219">http://www.restonsoccer.com/home/default.asp?menu_category=Home&amp;menuid=219</a>	Colleen Hale	<a href="mailto:spcialtchr@aol.com">spcialtchr@aol.com</a>	703 391-1938
TOPSoccer Vienna	<a href="http://www.vys.org">http://www.vys.org</a>	Dana Miller Richard Montano	<a href="mailto:richard_montano@msn.com">richard_montano@msn.com</a>	703 534-0022 703 624-7234
<b>MULTIPLE SPORTS</b>				
Arlington Special Olympics Track and Field	<a href="http://www.arlingtonva.us/departments/parksrecreation/scripts/assistance/pag e79701.aspx">http://www.arlingtonva.us/departments/parksrecreation/scripts/assistance/pag e79701.aspx</a>		<a href="mailto:Trinfo@arlingtonva.us">Trinfo@arlingtonva.us</a>	703 228-4740 703 228-4731
Blaze Sports Club of Washington, DC for Basketball, Tennis and Quad Rugby	<a href="http://www.nrhrehab.org/Patient+Care/Sports+Programs/default.aspx">http://www.nrhrehab.org/Patient+Care/Sports+Programs/default.aspx</a>	Brenda Gilmore Joan Joyce	<a href="mailto:brendagilmore@comcast.net">brendagilmore@comcast.net</a> <a href="mailto:joan.p.joyce@medstar.net">joan.p.joyce@medstar.net</a>	240 460-5741 202 877-1434 202 877-1819 202 877-1420
Loudoun County Special Olympics	<a href="http://www.loudounspecialolympics.org">http://www.loudounspecialolympics.org</a>			703 777-0438
Northern Virginia Special Olympics	<a href="http://www.novasova.org">http://www.novasova.org</a>	Nicole Kratzer	<a href="mailto:nkratzer@specialolympicsva.org">nkratzer@specialolympicsva.org</a>	703 359-4301
Prince William Special Olympics	<a href="http://www.pwsova.org/pwso">http://www.pwsova.org/pwso</a>	Peggy Van Lowe	<a href="mailto:areacoordinator@pwsova.org">areacoordinator@pwsova.org</a>	703 680-6661 540 729-2915
<b>RECREATION</b>				
Adapted Kayaking – Fairfax County Park Authority	<a href="http://www.fairfaxcounty.gov/parks/parktakes/">http://www.fairfaxcounty.gov/parks/parktakes/</a>	Nicole Woodward	<a href="mailto:Nicole.woodward@fairfaxcounty.gov">Nicole.woodward@fairfaxcounty.gov</a>	703-324-8565

## Adapted Sports, Recreation and Travel Opportunities for Individuals with Disabilities As of: March 2018

ArtStream	<a href="http://www.art-stream.org">http://www.art-stream.org</a>	Patricia Woolsey	<a href="mailto:info@art-stream.org">info@art-stream.org</a>	703 975-1008 301 565-4567
Champion Football League of NoVA	<a href="http://www.dsanv.org">http://www.dsanv.org</a>	Maureen Buckley	<a href="mailto:maureenb@dsanv.org">maureenb@dsanv.org</a>	703 621-7129
Childrens Adaptive Team Sports (CATS)		Margarita Benavides	<a href="mailto:solarism78@gmail.com">solarism78@gmail.com</a>	703 597-4310
Dream For Kids Extreme Recess	<a href="http://dreamsforkids.org/blankman/dc">http://dreamsforkids.org/blankman/dc</a>	Andrew Horn		202 957-4344
Jewish Community Center of Northern VA (for all faiths)	<a href="http://www.jccnv.org/specialneeds/special-needs">http://www.jccnv.org/specialneeds/special-needs</a>	Jessica Tischler Arlene Lechner	<a href="mailto:Jessica.Tischler@jccnv.org">Jessica.Tischler@jccnv.org</a> <a href="mailto:Arlene.Lechner@jccnv.org">Arlene.Lechner@jccnv.org</a>	703 537-3031 703 537-3032
Jewish Social Service Agency (for all faiths)	<a href="http://www.jssa.org">http://www.jssa.org</a>		<a href="mailto:contactus@jssa.org">contactus@jssa.org</a>	703 204-9100 703 896-7918
Jill's House (all faiths)	<a href="http://jillshouse.org">http://jillshouse.org</a>			703 639-5660
Kids Enjoy Exercise Now (KEEN)	<a href="http://www.keengreaterdc.org">http://www.keengreaterdc.org</a>	Beth Wenger Sophia Venero	<a href="mailto:programsdc@KEENGreaterDC.org">programsdc@KEENGreaterDC.org</a> <a href="mailto:keengrdc.sophia@gmail.com">keengrdc.sophia@gmail.com</a>	301 770-3200 301 461-2278 301 461-3086
Lead Changes Therapy	<a href="http://www.leadchangetherapy.com">http://www.leadchangetherapy.com</a>	Natalie Conca Jared Conca	<a href="mailto:info@leadchangetherapy.com">info@leadchangetherapy.com</a> <a href="mailto:natalie@leadchangetherapy.com">natalie@leadchangetherapy.com</a>	703 943-0566
Life Changing Fitness	<a href="http://www.lifechangingfitness.org">http://www.lifechangingfitness.org</a>	Ricardo Cunningham	<a href="mailto:LifeChangingFitness@yahoo.com">LifeChangingFitness@yahoo.com</a>	703 909-7971
McLean Bible Church Access Ministry (for all faiths)	<a href="http://www.mbctyson.org/pages/page.asp?page_id=84564">http://www.mbctyson.org/pages/page.asp?page_id=84564</a>	Jackie Mills-Fernald	<a href="mailto:jackie.millsfernald@mcleanbible.org">jackie.millsfernald@mcleanbible.org</a>	703 770-2942
Newton School Fun & Fitness, Sterling	<a href="http://thenewtonschool.org">http://thenewtonschool.org</a>	Allison Abraham	<a href="mailto:aabraham@thenewtonschool.org">aabraham@thenewtonschool.org</a>	703 772-0480
Optimal Beginnings	<a href="http://www.optimalbeginning.com">http://www.optimalbeginning.com</a>	Jennifer Brown	<a href="mailto:admin@optimalbeginning.com">admin@optimalbeginning.com</a>	703 798-8446 347 424-5833
SPecially Adapted Resource Clubs	<a href="http://www.sparcontheweb.org">http://www.sparcontheweb.org</a>	Donna Goldbranson	<a href="mailto:donna@sparcsolutions.org">donna@sparcsolutions.org</a>	703 338-6185
Wings to Fly Therapy & Play Center	<a href="http://www.wingstoflytherapy.com">http://www.wingstoflytherapy.com</a>	Donna Shank	<a href="mailto:donna@wingstoflytherapy.com">donna@wingstoflytherapy.com</a>	703 466-5533
Therapeutic Recreation- Alexandria	<a href="http://alexandriava.gov/Recreation">http://alexandriava.gov/Recreation</a>	Jackie Person	<a href="mailto:jackie.person@alexandriava.gov">jackie.person@alexandriava.gov</a>	703 746-5422
Therapeutic Recreation- Arlington County	<a href="http://parks.arlingtonva.us/therapeutic-recreation">http://parks.arlingtonva.us/therapeutic-recreation</a>	April Rosenthal	<a href="mailto:Trinfo@arlingtonva.us">Trinfo@arlingtonva.us</a>	703 228-4740
Therapeutic Recreation Fairfax County	<a href="http://www.fairfaxcounty.gov/ncs/TRACERS">www.fairfaxcounty.gov/ncs/TRACERS</a> <a href="http://www.fairfaxcounty.gov/ncs/TRS">www.fairfaxcounty.gov/ncs/TRS</a>	Katelyn Masterson	<a href="mailto:katelyn.masterson@fairfaxcounty.gov">katelyn.masterson@fairfaxcounty.gov</a>	703 324-5532 703 324-5517

## Adapted Sports, Recreation and Travel Opportunities for Individuals with Disabilities As of: March 2018

Therapeutic Recreation Fairfax County	<a href="http://www.fairfaxcounty.gov/rec/TRS">http://www.fairfaxcounty.gov/rec/TRS</a>	Sandi Dallhoff	<a href="mailto:Sandi.Dallhoff@fairfaxcounty.gov">Sandi.Dallhoff@fairfaxcounty.gov</a>	703 324-5532 703 324-5716
Family Autism Nights	<a href="http://www.fairfaxcounty.gov/rec/trs/inclusprog.htm">http://www.fairfaxcounty.gov/rec/trs/inclusprog.htm</a>	Katelyn Masterson	<a href="mailto:Katelyn.Masterson@fairfaxcounty.gov">Katelyn.Masterson@fairfaxcounty.gov</a>	703 324-5532 703 324-5517
Inclusive Recreation Programs	<a href="http://www.fairfaxcounty.gov/rec/trs/inclusprog.htm">http://www.fairfaxcounty.gov/rec/trs/inclusprog.htm</a>			703 324-5532 703 324-5214
Saturday Leisure Program	<a href="http://www.co.fairfax.va.us/rec/TRS/satleisr.htm">http://www.co.fairfax.va.us/rec/TRS/satleisr.htm</a>	Sandi Dallhoff	<a href="mailto:Sandi.Dallhoff@fairfaxcounty.gov">Sandi.Dallhoff@fairfaxcounty.gov</a>	703 324-5532 703 324-5716
Summer Adventure Program	<a href="http://www.fairfaxcounty.gov/rec/Trs/adventure.htm">http://www.fairfaxcounty.gov/rec/Trs/adventure.htm</a>	Sandi Dallhoff	<a href="mailto:Sandi.Dallhoff@fairfaxcounty.gov">Sandi.Dallhoff@fairfaxcounty.gov</a>	703 324-5532 703 324-5716
Summer Explorers Program	<a href="http://www.fairfaxcounty.gov/rec/Trs/explorers.htm">http://www.fairfaxcounty.gov/rec/Trs/explorers.htm</a>	Sandi Dallhoff	<a href="mailto:Sandi.Dallhoff@fairfaxcounty.gov">Sandi.Dallhoff@fairfaxcounty.gov</a>	703 324-5532 703 324-5716
Summer Leisure Program	<a href="http://www.fairfaxcounty.gov/rec/Trs/leisure.htm">http://www.fairfaxcounty.gov/rec/Trs/leisure.htm</a>	Sandi Dallhoff	<a href="mailto:Sandi.Dallhoff@fairfaxcounty.gov">Sandi.Dallhoff@fairfaxcounty.gov</a>	703 324-5532 703 324-5716
Summer RecPac Inclusion Program	<a href="http://www.fairfaxcounty.gov/parks/ada/rec-pac.htm">http://www.fairfaxcounty.gov/parks/ada/rec-pac.htm</a>	Gary Logue	<a href="mailto:Gary.Logue@fairfaxcounty.gov">Gary.Logue@fairfaxcounty.gov</a>	703 324-5532 703 324-8727
Summer, winter and spring break RecQuest Inclusion Program	<a href="http://www.fairfaxcounty.gov/rec/trs/inclusprog.htm">http://www.fairfaxcounty.gov/rec/trs/inclusprog.htm</a>			703 324-5532 703 324-5214
Project Success (Inclusive service learning program)	<a href="http://www.fairfaxcounty.gov/rec/ProjectSuccess.htm">http://www.fairfaxcounty.gov/rec/ProjectSuccess.htm</a>			703 324-5532 703 324-5553
Teens and Young Adult Social Club	<a href="http://www.fairfaxcounty.gov/rec/trs/adults.htm#TeenandYoungAdultSocialClubs">http://www.fairfaxcounty.gov/rec/trs/adults.htm#TeenandYoungAdultSocialClubs</a>	Travis Middleton	<a href="mailto:Travis.Middleton@fairfaxcounty.gov">Travis.Middleton@fairfaxcounty.gov</a>	703 324-5532 703 324-5621
Wheelchair Sports (Fairfax Falcons)	<a href="http://www.co.fairfax.va.us/rec/TRS/wheelchr.htm">http://www.co.fairfax.va.us/rec/TRS/wheelchr.htm</a>			703 324-5532 703 324-5214
Adaptive Recreation- Loudoun County	<a href="http://www.loudoun.gov/Default.aspx?tabid=804">http://www.loudoun.gov/Default.aspx?tabid=804</a>	Maria Auger	<a href="mailto:maria.auger@loudoun.gov">maria.auger@loudoun.gov</a>	703 771-5013
Adaptive Recreation Camps- Loudoun County	<a href="http://www.loudoun.gov/Default.aspx?tabid=824">http://www.loudoun.gov/Default.aspx?tabid=824</a>	Maria Auger	<a href="mailto:maria.auger@loudoun.gov">maria.auger@loudoun.gov</a>	703 771-5013
VSAarts (Integrated visual and performing arts program)	<a href="http://www.loudoun.gov/Default.aspx?tabid=807">http://www.loudoun.gov/Default.aspx?tabid=807</a>			540 338-7973
<b>YOGA</b>				
Adapted Yoga – Fairfax County Park Authority	<a href="http://fairfaxcounty.gov/parks">http://fairfaxcounty.gov/parks</a>	Nicole Woodward	<a href="mailto:Nicole.woodward@fairfaxcounty.gov">Nicole.woodward@fairfaxcounty.gov</a>	703-324-8565

## Adapted Sports, Recreation and Travel Opportunities for Individuals with Disabilities As of: March 2018

Abundant Light Yoga	<a href="http://www.abundantlightyoga.com">http://www.abundantlightyoga.com</a>	Ashley Stride	<a href="mailto:ashleystride@gmail.com">ashleystride@gmail.com</a> <a href="mailto:abundantlightyoga@gmail.com">abundantlightyoga@gmail.com</a>	703 249- YOGA
Journey Yoga	<a href="http://www.journeyyoga.com">http://www.journeyyoga.com</a>		<a href="mailto:info@JOURNEYyoga.net">info@JOURNEYyoga.net</a>	703 357-3546 703 822-1638
	<b><u>SERVICE and THERAPY DOGS</u></b>			
4 Paws for Ability	<a href="http://4pawsforability.org/autism-assistance-dog">http://4pawsforability.org/autism-assistance-dog</a>		<a href="mailto:Info@4PawsForAbility.org">Info@4PawsForAbility.org</a>	937 374-0385
Canine Companions for Independence	<a href="http://capitalcci.org/info.htm">http://capitalcci.org/info.htm</a>	Michele Purton	<a href="mailto:capitalccipresident@gmail.com">capitalccipresident@gmail.com</a> <a href="mailto:jimpurton@yahoo.com">jimpurton@yahoo.com</a>	703 346-1804
Fidos for Freedom	<a href="http://www.fidosforfreedom.org">http://www.fidosforfreedom.org</a>		<a href="mailto:office@fidosforfreedom.org">office@fidosforfreedom.org</a>	410 880-4178 301 490-4005
Heeling House	<a href="http://www.heelinghouse.org">http://www.heelinghouse.org</a>	Kathy Benner	<a href="mailto:mail@heelinghouse.org">mail@heelinghouse.org</a>	703 661-6610
Paws 4 People	<a href="http://www.paws4people.org/p4p_home">http://www.paws4people.org/p4p_home</a>	Randy Powers	<a href="mailto:info@paws4people.org">info@paws4people.org</a> <a href="mailto:randy.powers@paws4people.org">randy.powers@paws4people.org</a>	800 253-7297 540 845-0035
Service Dogs By Warren Retrievers	<a href="http://www.sdwr.org">http://www.sdwr.org</a>		<a href="mailto:info@sdwr.org">info@sdwr.org</a>	540 543-2307
Service Dogs of Virginia	<a href="http://www.servicedogsva.org">http://www.servicedogsva.org</a>	Ella Lyons	<a href="mailto:info@servicedogsva.org">info@servicedogsva.org</a> <a href="mailto:ealyons129@yahoo.com">ealyons129@yahoo.com</a>	434 295-9503 <sup>i</sup>
Summit Therapy Animal Services	<a href="http://www.summittas.com">http://www.summittas.com</a>	Michelle Robinson	<a href="mailto:info@summittas.com">info@summittas.com</a>	703 793-0181
	<b><u>TRAVEL SECTION</u></b>			
Access-Able Travel Resources	<a href="http://www.access-able.com">http://www.access-able.com</a>			303 232-2979
Autism on the Seas Cruises	<a href="http://www.autismontheseas.com">http://www.autismontheseas.com</a>			800 516-5247
Autism Adventure Travel	<a href="http://www.autismadventuretravel.com">http://www.autismadventuretravel.com</a>			941 979-2663
Camps for Children with Special Needs	<a href="http://nichcy.org/publications/camps">http://nichcy.org/publications/camps</a>			
Disability Travel and Recreation Resources	<a href="http://www.makoa.org/travel.htm">http://www.makoa.org/travel.htm</a>			
Camp Easterseals UCP	<a href="http://www.easterseals.com/NCVA/our-programs/camping-recreation/camp-easter-seals-ucp.html">http://www.easterseals.com/NCVA/our-programs/camping-recreation/camp-easter-seals-ucp.html</a>		<a href="mailto:camp@eastersealsucp.com">camp@eastersealsucp.com</a>	540 777-7325
Emerging Horizons	<a href="http://www.emerginghorizons.com">http://www.emerginghorizons.com</a>			
Family Travel and Autism	<a href="http://www.autismtravel.org">www.autismtravel.org</a>			
Gimp on the GO	<a href="http://www.gimponthego.com">http://www.gimponthego.com</a>			
Go Sprout	<a href="http://www.gosprout.org/005.html">http://www.gosprout.org/005.html</a>		<a href="mailto:Vacations@GoSprout.org">Vacations@GoSprout.org</a>	888 222-9575



## Adapted Sports, Recreation and Travel Opportunities for Individuals with Disabilities As of: March 2018

Guided Tour, Inc.	<a href="http://www.guidedtour.com">http://www.guidedtour.com</a>		<a href="mailto:Gtour400@aol.com">Gtour400@aol.com</a>	800 783-5841 215 782-1370
Kasmir World Travel	<a href="http://www.specialneeds-cruise.com">http://www.specialneeds-cruise.com</a>			267 987-7858 877 4KASMIR
Mobility International USA	<a href="http://www.miusa.org">http://www.miusa.org</a>			541 343-1284
Moss Rehab Resource Net	<a href="http://www.mossresourcenet.org/travel.htm">http://www.mossresourcenet.org/travel.htm</a>		<a href="mailto:kennedyd@einstein.edu">kennedyd@einstein.edu</a>	800 CALL-MOSS
Mouse Savers	<a href="http://www.mousesavers.com">http://www.mousesavers.com</a>			
National Center on Physical Activity and Disability	<a href="http://www.ncpad.org">http://www.ncpad.org</a>			800 900-8086
New Directions for People w/ Disabilities	<a href="http://www.newdirectionstravel.com">http://www.newdirectionstravel.com</a>			888 967-2841
Project Action Accessible Travel Database	<a href="http://www.projectaction.org/Resources/Publications/FindingAccessibleTransportation.aspx">http://www.projectaction.org/Resources/Publications/FindingAccessibleTransportation.aspx</a>			202 347-3066
Society for Accessible Travel and Hospitality	<a href="http://sath.org">http://sath.org</a>		<a href="mailto:sathtravel@aol.com">sathtravel@aol.com</a> <a href="mailto:sathinfo@sath.org">sathinfo@sath.org</a>	212 447-7284
Special Travelers	<a href="http://special-travelers.org">http://special-travelers.org</a>	Meghan Mulvenna	<a href="mailto:specialtravelers@gmail.com">specialtravelers@gmail.com</a>	443 228-6436
Starbrite Kids	<a href="http://www.starbrite-travel.com">http://www.starbrite-travel.com</a>			732 539-1690
Sundial Special Vacations	<a href="http://www.sundial-travel.com">http://www.sundial-travel.com</a>		<a href="mailto:roxanne@sundial-travel.com">roxanne@sundial-travel.com</a>	800 547-9198
Suntastic Tours	<a href="http://www.suntastictours.com">http://www.suntastictours.com</a>		<a href="mailto:info@suntastictours.com">info@suntastictours.com</a>	877 226-6750 321 284-4507
The League For People With Disabilities	<a href="http://www.leagueforpeople.org/programs">http://www.leagueforpeople.org/programs</a>			410 323-0500
Trippin' with Jamie	<a href="http://trippinwithjamie.com">http://trippinwithjamie.com</a>	Jamie Scheff	<a href="mailto:trippinwithjamie@gmail.com">trippinwithjamie@gmail.com</a>	703 973-1334
Trips, Inc.	<a href="http://www.tripsinc.com">http://www.tripsinc.com</a>	Julia Trips	<a href="mailto:trips@tripsinc.com">trips@tripsinc.com</a>	800 686-1013
United Cerebral Palsy	<a href="http://ucp.org/ucp_channel.doc.cfm/129/18/111/111-111/3910">http://ucp.org/ucp_channel.doc.cfm/129/18/111/111-111/3910</a>		<a href="mailto:ucpa@ucpaorwa.org">ucpa@ucpaorwa.org</a>	800 473-4581
Ventures Travel	<a href="http://www.venturestravel.org">http://www.venturestravel.org</a>		<a href="mailto:vt@venturestravel.org">vt@venturestravel.org</a>	866 692-7400
Virginia Travel Guide for Persons with Disabilities	<a href="http://www.travelguides.org/vaguide.html">http://www.travelguides.org/vaguide.html</a>			800 742-3935
Visit Florida	<a href="http://www.visitflorida.com/cms/d/tips_for_travelers_with_special_needs.php">http://www.visitflorida.com/cms/d/tips_for_travelers_with_special_needs.php</a>		<a href="mailto:jackforsythe@visitflorida.org">jackforsythe@visitflorida.org</a>	866 972-5280

**Adapted Sports, Recreation and Travel Opportunities for Individuals with Disabilities**  
**As of: March 2018**

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