Recreational Resources for Students with Disabilities

Boys & Girls Club of Northern Westchester
351 Main Street
Mt. Kisco, NY 10549
914-666-8069
Specialized swim instruction.
www.boysandgirlsclubnw.org

Cortlandt, Town of, Recreation Division
1 Heady Street
Cortlandt Manor, NY 10567
Contact John Palmiotto at 914-734-1050
Camp New Ventures summer day camp is a mainstream program for developmentally disabled participants ages 5-21, run by Nor-West, and open to all Westchester residents.
www.townofcortlandt.com

Cerebral Palsy of Westchester
1186 King Street
Rye Brook, NY 10573
914-937-3800
Social recreational club for ages 18 and older, animal assisted therapy program, wheelchair basketball team for ages 10-21 and Jimmy Vejar Day Camp for ages 4-21.
www.cpwestchester.org

The Friends Network
P.O. Box 1598
Carmel, NY 10512
845-278-0820
Recreational programs for adults with disabilities including overnight trips, movie club, social outings, book club, bowling league, drama club, garden club and knitting club.
www.thefriendsnetwork.org

Croton Little League
914-271-4688, 914-736-7191 or 914-299-0203
Children and teens ages 6-18 participate in the Little League experience.

Greenburgh, Town of, Department of Parks and Recreation
11 Olympic Lane
Ardsley, NY 10502
914-693-8985 ext 128
After school, weekend and summer camp recreational programs.
www.townofcortlandt.com
Green Chimneys
400 Doansburg Road
Box 719
Brewster, NY 10509
Contact Miyako Kinoshita at 845-279-2995 ext 177
Therapeutic horseback riding program.
www.greenchimneys.org

Heartsong
590 Central Park Avenue, Suite C
Scarsdale, NY
914-725-9272
Music and art therapy program for children with disabilities lead by licensed music and art therapists.
www.heartsong.org

HERO, Inc.
2975 Westchester Avenue, Suite 410
Purchase, NY 10577
914-251-0804
Provides adapted recreational programs for children and adults, including tennis, dance, percussion, movement and song, yoga and pet therapy.
www.hero-ny.org

Jess Because, Inc.
P.O. Box 374
Crompond, NY 10517
Contact Jordan Jankus at 914-526-8245
An arts-based experiential learning program for teens and adults.
www.jessbecause.org

JCC on the Hudson
371 North Broadway
Tarrytown, NY
Contact Mindy Cohen at 914-366-7898
Programs for students with special needs grades K–8, including social skills, karate, programs during school holidays and an inclusive summer camp run in conjunction with the JCC Country Day Camp. Westchester Network for People with Disabilities is a social and recreational program for adults with physical disabilities. The Network fosters interaction between the physically challenged and the general public in an effort to create new friendships.
www.jcconthehudson.org
**JCC of Mid Westchester**
999 Wilmot Road
Scarsdale, NY 10583
Contact Charley Moskowitz at 472-3300 ext 361
Programs for students with special needs grades pre-K–age 18 focusing on social skills, sports and theater arts. Circle of Friends is a program that provides a venue for individuals ages 18 and older to gather on a regular basis and enrich their social lives by planning activities based on mutual interests. The group meets twice a month in the evening, either at the JCC or at a local entertainment center.
[www.jccmidwestchester.org](http://www.jccmidwestchester.org)

**The Miracle League of Westchester**
20 Haarlem Avenue
White Plains, NY 10603
914-960-6391
Baseball program for people of all ages with disabilities. The Miracle League at Ridge Road Park is a rubberized baseball field with painted on lines and field dimensions. The smooth surface allows for enjoyment of baseball in a safe and unencumbered fashion.
[www.mlwny.org](http://www.mlwny.org)

**Mt. Vernon, City of, Department of Recreation**
City Hall, Room 3
1 Roosevelt Square
Mount Vernon, NY 10550
Rose Simon summer camp program.
Contact Pam Loeffel at 914-665-2437

**Music Conservatory of Westchester**
216 Central Avenue
White Plain, NY 10606
Contact Tina Brescia at 914-761-3900 ext 134
The Music Therapy Institute provides music therapy programs for children and adults.
[www.musicconservatory.org](http://www.musicconservatory.org)

**New Rochelle, City of, Department of Parks and Recreation**
515 North Avenue
New Rochelle, NY 10801
Contact Janet Guarasci at 914-654-2088
Therapeutic recreation program for children and adults with developmental disabilities including Arts-in-Education, after school programs, Generation, Canteen, Scouts, Camp Joy summer day camp, vacation break camps, trips and special events.

**New Rochelle Little League Challenger Division**
30 Trinity Place
New Rochelle, NY 10805
Contact Shelly Klein at 914-632-4916
Children and teens ages 5-21 participate in the Little League experience.

**North East Westchester Special Recreation, Inc.**
63 Bradhurst Avenue
Hawthorne, NY 10532
914-347-4409
A community based therapeutic recreation agency serving children and adults with developmental disabilities who are residents of Bedford, Briarcliff, Lewisboro, Mt. Kisco, Mt. Pleasant, New Castle, North Castle, Pleasantville, Pound Ridge, Sleepy Hollow and Somers. Programming is available weekday afternoons, evenings and on Saturdays. North East offers aquatics, Special Olympics training in a variety of sports, athletic classes, social activities, weekend away trips and daily outings.
[www.norheastspecialrec.org](http://www.norheastspecialrec.org)

**New York Special Olympics, Inc.**
Special Olympics New York
504 Balltown Road
Schenectady, NY 12304
518-388-0790 or 1-800-836-6976
For information about weekend respite and recreation trips contact Thomas Hay at 845-878-9722.
[www.nyso.org](http://www.nyso.org)

**Nor-West Regional Special Services**
P.O. Box 420
Crugers, NY 10521
914-737-4797
Provides a variety of recreational programming for ages 5-adult including bowling, instructional/recreational swim, social skills/lunch program, community outings (movies, theater, etc.), adult dinner club, bowling league, billiards club and Special Olympics team training.
[www.nor-west.org](http://www.nor-west.org)

**Pace University Aquatics Program**
861 Bedford Road
Pleasantville, NY 10570
Adapted aquatics program covering a wide range of disabilities.
Contact Kate Palladino at 914-773-3280
[www.pacesettersathletics.com/aquatics](http://www.pacesettersathletics.com/aquatics)

**Pegasus**
310 Peach Lake Road
Brewster, NY 10509-1715
845-669-8235
Therapeutic horseback riding for children and adults.
[www.pegasustr.org](http://www.pegasustr.org)
Port Chester, Department of Recreation
350 North Main Street
Port Chester, NY 10573
914-939-2354
Summer camp sponsored by the Port Chester/Rye Brook Association of Retarded Citizens.
www.portchesterny.com

(The) Recreation Team
29 Plymouth Avenue
Yonkers, NY 10710
Contact Jeannie O’Brien at 914-793-5264
Weekend day and overnight recreation trips for adults.

Rockland County Association for the Learning Disabled (RCALD)/YAI
Contact Doug Wright at 914-939-9300
Coffee house social club for adults held at YAI in Tarrytown.

Rosenthal JCC of Northern Westchester
600 Bear Ridge Road
Pleasantville, NY 10570
914-741-0333
Trailblazers integrated summer camp program for children and adolescents; located on a nineteen acre campground in Croton-On-Hudson.
www.rosenthaljcc.org

South East Consortium for Special Service, Inc.
740 West Boston Post Road, Suite 301
Mamaroneck, NY 10543
914-698-5232
A community based therapeutic recreation agency serving children and adults with developmental disabilities who are residents of Mamaroneck, Larchmont, Scarsdale, Port Chester, Harrison, Rye Brook, Eastchester, Bronxville, Pelham, Tuckahoe and Rye. Southeast offers fitness/sports programs, aquatics programming, Special Olympics training in a variety of sports, social activities, travel programs, daily outings and expressive/fine arts programs. Persons with disabilities and special needs residing outside the member municipalities may participate in South East programs based upon availability of space after registration deadlines.
www.secrec.org

Special Program and Resource Connection (SPARC)
3045 Gomer Street
Yorktown Heights, NY 10598
914-243-0583
Youth programs from grades K-6 include recreational social skills program, music/movement and adapted horseback riding. Teen program for ages 11-20 includes
after school and weekend social and athletic recreational programs, dinner club, film/video club, golf, social outings, adapted horseback riding, teen dances and parties. Activities for adults 20 and older include a wide range of adaptive recreational and social programs. SPARC also offers a variety of recreational programming at a client’s home or facility. Activities include, but are not limited to, art (painting, drawing, sculpture, jewelry), music, photography, horticulture, drama, ceramics, yoga, creative writing, pet therapy, sports/fitness, cooking, computers and dance.

www.sparcinc.org

Steffi Nossen School of Dance
216 Central Avenue
White Plains, NY
914-328-1900 328.1900
Moving Wheels and Heels is an integrated dance class for students with a broad range of disabilities, including use of a wheelchair. The class combines technique, improvisation and movement to increase strength, range of motion and creativity. Classes have live musical accompaniment.
www.steffinossen.org

Taconic Innovations
Contact Cristina Esperanza Saenz at 914-668-9041 ext 12
Hope After School Program for students with developmental disabilities ages 5-16.

Tarrytown, Recreation Department
West Main Street
P.O. Box 292
Tarrytown, NY 10591
914-631-8389
Recreation programs for individuals with disabilities are offered by the Tarrytown Recreation Department in collaboration with the Greenburgh Recreation Department.
www.tarrytowngov.com

Westchester Arc
The Gleeson-Israel Gateway Center
265 Saw Mill River Road
Hawthorne, NY 10532
Contact Dave Gasparri at 914-949-9300 ext 4521
Echo Arts visual arts program for ages 16 and older; Echo Onstage theater arts program; Camp Echo day and overnight summer camp for post high school students; Echo Outdoors one week overnight summer camp for ages 16 and older; Reunion Club meets three times a month for recreational outings; Club Echo is a travel club offering vacation trips ranging from 1-8 days for ages 18 and older.
www.westchesterarc.org
**Westchester Gymnastics and Dance**  
5 Skyline Dr  
Hawthorne, NY 10532  
(914) 592-2324  
Sunday morning gymnastics classes for children.  
[www.gymnastics-dance.com](http://www.gymnastics-dance.com)

**Westchester Skating Academy**  
91 Fairview Park Drive  
Elmsford, NY 10523  
914-347-8232  
Sunday afternoon ice hockey league for children.  
[www.westchester.pucksystems.com](http://www.westchester.pucksystems.com)

**WESTCO Productions**  
9 Romer Avenue  
White Plains, NY 10605  
Contact Susan Katz at 668-9041 ext 12  
The Magic to do Players is a theater arts program, for people ages 8 through early 20's with developmental disabilities, offering instruction in dancing, singing, improvisation, speaking and acting skills.  
[www.westcoproductions.com](http://www.westcoproductions.com)

**White Plains, City of, Department of Parks and Recreation**  
85 Gedney Way  
White Plains, NY 10605  
Call Sia Tofano at 914-422-1424  
A variety of recreational programs for teens and adults. Summer inclusionary camp for children.

**WJCS (Westchester Jewish Community Services)**  
141 North Central Avenue  
Hartsdale, NY  
Contact Pat Grossman at 914-949-7699  
Moving Forward is a socialization and recreational group for ages 18 and older; Breakfast Club for adults with Asperger’s Syndrome ages 40 and older; Supper Club for adults with Asperger’s Syndrome ages 18 and older.  
[www.wjcs.com](http://www.wjcs.com)

**YAI Project WRAP (Westchester Recreation After Hours Program)**  
677 White Plains Road  
Tarrytown, NY  
Contact Alice Valle-Florezz at 914-631-2400 ext 104  
A structured recreational program for adults.  
[www.yai.org](http://www.yai.org)
**YogaShine**  
7-11 Legion Drive  
Valhalla, NY 10595  
914-769-8745  
Provides yoga/movement therapy.  
www.yogashine.com

**Yonkers, City of, Department of Parks, Recreation and Conservation**  
285 Nepperhan Avenue  
Yonkers, NY 10701  
Call Tara Conte at 914-377-6438  
Programs for people with developmental disabilities include Camp Pride (summer day camp for children and adults), Special Olympics, girl scouts, karate, tennis, Kids Korner art therapy, mini special olympics, pet therapy, theater workshop and outings.  
www.cityofyonkers.com

**YWCA of White Plains**  
515 North Street  
White Plains, NY 10605  
914-949-6227 ext 108  
A variety of therapeutic recreational programs for ages pre-school-adult including social programs, school vacation camps, piano/guitar lessons, fitness programs, bowling and Special Olympics training and competition.  
www.ywcawhiteplains.com

Updated 10/08  
This resource recreational list was prepared by the Westchester Independent Living Center (WILC). Please note that this is not necessarily a complete and exhaustive list of all recreational opportunities serving students with disabilities in Westchester County. WILC has compiled the information contained herein as a helpful resource tool, but does not endorse any particular recreational provider. Programs and information contained herein are subject to change.