

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

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

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

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.northeastsspecialrec.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

Nor-West Regional Special Services

P.O. Box 420
Crugers, NY10521
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

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

Pegasus

310 Peach Lake Road
Brewster, NY 10509-1715
845-669-8235

Therapeutic horseback riding for children and adults.

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
912-741-0333
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

Westchester Skating Academy

91 Fairview Park Drive

Elmsford, NY 10523

914-347-8232

Sunday afternoon ice hockey league for children.

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

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

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

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.