Sports & Recreation Resources

GENERAL RECREATION

Baltimore County Department of Recreation & Parks Office of Therapeutic Recreation
410-887-5370
https://www.baltimorecountymd.gov/Age ncies/recreation/programdivision/therape utic/programstherapeutic.html
Provides a wide variety of recreation opportunities and services for individuals with disabilities countywide. Offering programs designed specifically for individuals with disabilities, as well as inclusion into general recreation programs, the office provides reasonable accommodations for full participation in all programs. The Leisure Resources newsletter lists program opportunities for individuals with disabilities.

Baltimore County Public Schools
Allied Sports
443-809-2328
https://dci.bcps.org/department/curriculu m_operations/athletics/allied_sports
Allied Sports is a totally inclusive after school program that affords high school students with disabilities an equal opportunity to participate in interscholastic sports alongside their non-disabled peers.

The Disability Express Group
www.thedisabilityexpressgroup.org
Social and recreational activities for teens with disabilities.

Children’s Developmental Class
443-840-1387
CCBC Essex Campus, 7201 Rossville Blvd.
Baltimore, MD 21237
www.ccbcmd.edu/cdc
A one-on-one program that helps children manage their unique challenges using the Floor Time approach. Ongoing parent class provides education on current topics regarding developmental delays in children. Class is held at CCBC Essex campus on Saturday mornings.

Augmenting Ability
443-903-9838
www.augmentingability.com
Office locations in: Bel Air, Lutherville, Pikesville, and Westminster.
Offers adapted music lessons. Music is a motivating source for many individuals. People of all ages across the world enjoy music! Goals which focus on social, emotional, physical, behavioral, cognitive, and quality of life needs can be met through music experiences. Through an assessment, the board certified music therapist can identify areas of need and areas of strength to create a treatment plan for client success. Depending upon needs, group or individual treatment can be arranged.

Baltimore Adapted Recreation & Sports (BARS)
478-227-7386
www.barsinfo.org
This organization provides recreational opportunities for individuals with disabilities, family, and friends.

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Athletes Serving Athletes
443-272-1204
www.athletesservingathletes.org
A non-profit organization that brings people together to experience the joy, excitement, and thrill of competition. ASA offers innovative athletic training, supportive mentor relationships and high-quality endurance events for athletes living with disabilities.

Azure Family Concerts
Baltimore Hebrew Congregation
7401 Park Heights Avenue
Baltimore, MD 21208
www.azurebaltimore.org
Variety of concerts for families living with Autism and similar challenges. ALL BEHAVIORS ARE WELCOME. Tickets are FREE and are available one month before each concert. Schedule can be found on the website.

Best Buddies Maryland
410-327-9812
101 North Haven Street, Suite 205
Baltimore, MD 21224
www.bestbuddies.org/maryland
Creates opportunities for one-to-one friendships, integrated employment, and leadership development for people with intellectual and developmental disabilities.

Capernaum Baltimore
443-841-4504
capernaumbaltimore.younglife.org
A program where staff and trained volunteer leaders help adolescents with disabilities discover and enjoy acceptance, adventure and fun in the mutual friendships they develop and at weekly club meetings, special events and camping trips.

Club 1111
410-323-0500
1111 E Cold Spring Lane Baltimore, MD 21239
www.leagueforpeople.org/club1111
Maryland's first and only adult night club for people with disabilities that includes DJs, dancing, spa, games and much more! Second Saturday of every month, 6:00-10:00 PM. 18+

The League for People with Disabilities
410-323-0500
1111 E Cold Spring Lane
Baltimore, MD 21239
www.leagueforpeople.org
The League’s year-round Camping & Therapeutic Recreation program provides joyful, life-changing experiences in a safe environment and builds meaningful relationships in the lives of youth and adults. Camping & Therapeutic Recreation is proud to offer summer camp programs, year-round camping, assisted travel and community recreation.

KEEN JHU Sports Program
(Kids Enjoy Exercise Now)
443-687-9617
keengrdc.balt1@gmail.com
www.keengreaterdc.org
For children aged 5 – 12 with disabilities, no matter how great, to enjoy recreational fun with friends and volunteers, and without parents or teachers. Each “athlete” has his or her own volunteer “coach” at all activities which include soccer, tennis, track & field, basketball, aerobics, and various other adaptive activities. Meets at Dundalk High School.

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Jewish Community Center of Greater Baltimore  
410-559-3506  
3506 Gwynnbrook Avenue  
Owings Mills, MD 21117  
[www.jcc.org](http://www.jcc.org)  
Provides appropriate social and recreational programs for children, teens, and adults with disabilities. Our programs give participants the opportunity to interact with their peers, enhance self-esteem and improve social skills.

Special Olympics Maryland Baltimore County  
443-386-7583  
[www.somd.org](http://www.somd.org)  
Offers a safe, accepting environment where individuals eight years and older with intellectual disabilities can succeed in sports.

Kennedy Krieger Institute  
Physically Challenged Sports Program  
443-923-7844  
3825 Greenspring Avenue Baltimore, MD 21211  
[https://www.kennedykrieger.org/community/initiatives/physically-challenged-sports](https://www.kennedykrieger.org/community/initiatives/physically-challenged-sports)  
Provides therapeutic sports and recreational programs for children with varying degrees of physical abilities. Open to individuals aged 2-21 who experience physical challenges and exhibit cognitive skills at or near appropriate developmental levels.

Regal All-Stars, LLC  
410-935-0359  
[www.regalallstars.com](http://www.regalallstars.com)  
A program of competitive cheerleading and dance teams including the Baltimore County Special Olympics Cheerleading Squads, The CATZ (part time) and Recon (full year).

Karina Café  
800-554-7549  
1911 Jenifer Rd., Timonium, MD 21093  
[https://www.karina-association.org/](https://www.karina-association.org/)  
Expressive Arts Therapy program for individuals with intellectual and physical disabilities. Children ages 5 and up can engage in art, music, and dance therapy.

Maryland Fencing Club  
410-929-3889  
3011 Emmorton Road  
Abingdon, MD 21009  
[www.marylandfencing.com](http://www.marylandfencing.com)  
Provides an organized approach to teaching fencing with age-appropriate goals and methods that emphasize fun, participation, sportsmanship and safety.

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FISHING

Wish a Fish Maryland
410-913-9043 (Skip Zinck)
410-557-7572 (Ed Mezewski)
www.wish-a-fish.org
The Wish-A-Fish Foundation hosts fishing events for children with special needs and their families.

GYMNASTICS

Rebounders (Timonium): “I Can Do It Too”
410-252-3374
7 W Aylesbury Road, Suite A Timonium, MD 21093-4132
www.rebounders.com
Special Needs Program is a sensory/motor/gymnastics program for children all ages with any minimal to severe physical, mental, emotional, and social language, and/or sensory challenges.

ICE HOCKEY

Baltimore Area Special Hockey, Inc.
Home of the Baltimore Saints
410-370-1818
Reisterstown Sportsplex
401 Mitchell Drive
Reisterstown, MD 21136
www.baltimoreareasaintshockey.org
Baltimore Area Special Hockey, Inc. offers an ice hockey program for both children and adults with a traumatic brain injury or intellectual disabilities such as Autism and Down Syndrome.

MARTIAL ARTS

Baltimore Martial Arts Academy
410-465-7799
6565 Baltimore National Pike
Catonsville, Maryland 21228
www.baltimoremartialarts.com

US Martial Arts Academy, Ltd
410-561-9882
10540 York Road, Suite J
Cockeysville, Maryland 21030
www.usmaltd.com

ROCK CLIMBING

Earth Treks Climbing Center
1-800-CLIMB-UP (1-800-254-6287)
410-560-5665
1930 Greenspring Drive Timonium, MD 21093
www.EarthTreksClimbing.com Offers climbing lessons and numerous youth and family program options, ages 5-adult.

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SAILING

Downtown Sailing Center
410-727-0722
1425 Key Highway, Suite 110
Baltimore, MD 21230
www.downtownsailing.org
The program is designed to provide inclusive sailing opportunities for those with disabilities and to promote life skills such as self-reliance, self-confidence, teamwork, patience, and respect for others.

SNOW SPORTS

Blue Ridge Adaptive Snow Sports, Inc.
717-642-8282 ext. 3479
www.brasski.org
Their mission is to enhance the lives of people with disabilities through adaptive snow sports and recreational activities. Adaptive snow sports allow people with disabilities to enjoy the outdoors and freedom of movement.

SCOUTS

Boy Scouts of America
Baltimore Area Council
443-573-2500
www.baltimorebsa.org
Will work with parents to include boys aged six years and older with special needs into community units or will assist parents in locating Special Needs Units throughout Maryland appropriate for their son.

Girls Scouts of Central Maryland
410-358-9711
www.gscm.org
Will work with parents to include girls aged five years and older with special needs into community units or will assist parents in locating Special Needs Units throughout Maryland appropriate for their daughter.

SOCCER

US Youth Soccer-TOPsoccer
https://www.usyouthsoccer.org/programs/topsoccer/
A community-based training and team placement program for young athletes with disabilities, organized by youth soccer association volunteers. The program is designed to bring the opportunity of learning and playing soccer to any boy or girl with ages 4-19, with a disability.

SWIMMING

Kids First Swim Schools
Various locations throughout Maryland
https://kidsfirstswimschools.com/
A year round, warm water swimming facility dedicated to teaching children (and adults) to swim in a safe, warm, and loving environment.

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**Therapeutic Riding**

**Chesapeake Therapeutic Riding**
443-528-7793
http://ctrchanginglives.org/
Year-round therapeutic riding facility located in Harford County.

**The Therapeutic & Recreational Riding Center, Inc.**
410-489-5100
3750 Shady Lane, Glenwood, MD 21738
www.trrcmd.org
Provides both physical and occupational therapy on horseback, treating a wide range of disabilities.

**Therapeutic Horseback Riding Program**
410-418-4300
A cooperative effort between the Office of Therapeutic Recreation Services and the Maryland Council for Special Equestrians (MCSE), offers Equine Facilitated Therapy to individuals with disabilities. Operates year-round in the Catonsville area.

**Yoga**

**Baltimore Yoga Village**
410-377-4800
6080 Falls Road, Baltimore, MD 21209
www.baltimoreyogavillage.com
Offers yoga classes for all body shapes, ages, and life conditions.

**Child’s Heart Yoga**
410-688-3118
bridget@childsheartyoga.com
https://childsheartyoga.com/
Child’s Heart Yoga is committed to the enrichment and education of children through the power of yoga. Teaching how to focus using yoga techniques modified for children, we have seen positive results in behavior, attitude, and emotion. Located in Baltimore County.

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