

## Recreational Resources

Program	Summary of Services	Contact Information
<b>OUTDOOR</b>		
<b>Access Ability Wisconsin</b>	Access Ability Wisconsin's objective is to provide recreational opportunities for people with temporary and permanent physical challenges, including wheelchair users, who want to enjoy the great outdoors.	<a href="https://www.accessabilitywi.org/">https://www.accessabilitywi.org/</a> 608-886-9388
<b>AccessiMingos</b>	AccessiMingos has worked to create a more accessible and inclusive environment in the 'Flock' fan section for the Madison pro soccer team Forward Madison. They have worked to get more wheelchair ramps installed at the stadium, have created accessible travel paths, and have added an ASL translator for the national anthem, among other achievements.	<a href="https://fwdflock.com/suporter-groups/accessimingos">https://fwdflock.com/suporter-groups/accessimingos</a>
<b>Ainsley's Angels</b>	Ainsley's Angels is a national non-profit whose mission is to promote inclusion by providing inclusive running opportunities for people with disabilities. Their Madison group attends 1-3 runs per month and equipment is provided.	<a href="https://walkingandwheeling.com/resources/347-ainsley-s-angels-in-madison">https://walkingandwheeling.com/resources/347-ainsley-s-angels-in-madison</a> 757-575-1783
<b>Central Cross-Country Skiing</b>	Central Cross-Country Skiing (CXC) is a Gold Medal Paralympic Sport Club that works to make cross country skiing accessible to individuals with physical disabilities and visual impairments.	<a href="http://www.cxcskiing.org/pages/adaptive/about.html">http://www.cxcskiing.org/pages/adaptive/about.html</a> 608-294-0433
<b>Dairyland Sports</b>	Dairyland Sports aims to be your "one-stop-shop" for resources and access to adaptive sports opportunities in Wisconsin. They support local and national adaptive sports clubs, teams, and events to provide adaptive athletes with the best opportunities to learn, train, and compete.	<a href="https://www.dairylandsports.org/">https://www.dairylandsports.org/</a>
<b>Fishing Has No Boundaries</b>	Fishing Has No Boundaries provides recreational fishing opportunities for all anglers with disabilities regardless of their age, race, gender, or disability.	<a href="https://fhnbin.org/chapters/madison-wi/">https://fhnbin.org/chapters/madison-wi/</a> 608-417-3474

<b>Hoofers – Accessible Sailing</b>	Hooper Sailing provides inclusion-based programming for individuals with adaptive needs. They work regularly with Special Olympics Wisconsin and individually with many people from around the community. Regardless of physical or cognitive need, they can provide you with an amazing learning experience on the water.	<a href="https://www.hoofersailing.org/accessible-sailing">https://www.hoofersailing.org/accessible-sailing</a> 608-262-1630
<b>Madison SCI, Inc.</b>	Madison SCI, Inc.'s mission is to benefit and raise awareness of the community of people with spinal cord issues and related conditions – including cerebral palsy, multiple sclerosis, muscular dystrophy, and others. They have peer mentoring for individuals and family members and adaptive equipment that members can borrow for free.	<a href="http://www.sci-madison.org/default">http://www.sci-madison.org/default</a> 608-886-9388
<b>Miracle League Dane County</b>	The Miracle League of Dane County provides children with cognitive and/or physical disabilities the opportunity to play baseball on a diamond with a rubberized surface with flat bases.	<a href="https://www.danecountymiracleleague.org/">https://www.danecountymiracleleague.org/</a> 608-575-7580
<b>MSCR – Adapted Recreation</b>	MSCR offers year-round, affordable, community-based recreation, social, physical, and educational programs for individuals of all abilities. Any individual with a disability is eligible to utilize MSCR's Adapted Recreation programs. The classes and activities are designed for people with disabilities, along with their family and friends.	<a href="https://www.mscr.org/our-programs/adapted-recreation">https://www.mscr.org/our-programs/adapted-recreation</a> 608-204-4581
<b>RACE – Achieving Collaborative Treatment (ACT)</b>	RACE is a running/walking group where individuals focus on participation in group stretching and running. This group meets in the community, providing an inclusive setting for participants to develop leisure skills that enhance their health, well-being, and independence.	<a href="https://act-autism.com/services/race-and-recreational-programming/">https://act-autism.com/services/race-and-recreational-programming/</a> 608-497-3230
<b>Rutabaga Paddlesports – Adaptive Paddling</b>	Rutabaga believes that for people with a disability, paddling can be an important part of both the physical and emotional healing process. They continue to develop and expand their Adaptive Paddling Program. Rutabaga offers classes and private lessons.	<a href="https://www.rutabaga.com/ropcat?ctid=1002023&amp;r=1">https://www.rutabaga.com/ropcat?ctid=1002023&amp;r=1</a> 608-223-9300
<b>Special Olympics Wisconsin</b>	Special Olympics Wisconsin (SOWI) provides year-round sports training and competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, and experience joy while participating in a sharing of gifts, skills, and friendship with their families, Special Olympics athletes and the community.	<a href="https://www.specialolympicswisconsin.org/">https://www.specialolympicswisconsin.org/</a> 608-222-1324

<b>Three Gaits</b>	Located in Stoughton, Wisconsin, Three Gaits, Inc., is a non-profit, tax-exempt organization whose mission is to provide equine-assisted activities and therapies that enhance the lives of people with physical, emotional, or intellectual challenges. Three Gaits strives to serve all interested individuals within Dane County Wisconsin and the surrounding area.	<a href="http://www.3gaits.org">http://www.3gaits.org</a> 608-877-9086
<b>Wisconsin Department of Natural Resources</b>	The Wisconsin Department of Natural Resources provides accessible recreation opportunities and adaptive equipment throughout their state parks. Examples are accessible fishing piers, hiking trails, and campsites.	<a href="https://dnr.wisconsin.gov/topic/OpenOutdoors">https://dnr.wisconsin.gov/topic/OpenOutdoors</a> 888-936-7921
<b>INDOOR</b>		
<b>Adaptive Martial Arts</b>	Wisconsin Martial Arts & Fitness Center runs an adaptive program that modifies curriculum to fit almost any person's abilities. They train in traditional martial arts which includes kicking, blocking, and striking, joint manipulation, tumbling and acrobatics, and weaponry.	<a href="https://www.wiscmartialarts.com/adaptive-martial-arts">https://www.wiscmartialarts.com/adaptive-martial-arts</a> 608-441-5425
<b>ARTS for ALL</b>	The mission of ARTS for ALL Wisconsin is to expand the capabilities, confidence and quality of life for children and adults with disabilities by providing programs in dance, drama, creative writing, music and visual art.	<a href="https://www.artsforallwi.org/">https://www.artsforallwi.org/</a> 608-241-2131
<b>Bakke Athletics</b>	Offers a "Rock Steady Boxing" class for those with Parkinson's and their caregivers. Studies are showing that exercise induces brain repair and accompanying behavioral recovery. Some suggest that continuous, intensive training may confer neuro-protection, and subsequently slow, stop, or reverse the progression of Parkinson's or promote neuro-restoration.	<a href="https://www.bakkeathletics.com/fighting-pd">https://www.bakkeathletics.com/fighting-pd</a> 608-575-8354
<b>Boulders Climbing Gym</b>	"The adaptive climbing program provides opportunities for people with physical disabilities and their families to enjoy the sport of climbing. Boulders Climbing Gym partners with Adaptive Adventures to provide instruction, adaptive gear, plenty of encouragement, and a great community of employees and volunteers to help each climber reach new heights."	<a href="https://www.bouldersgym.com/adaptive">https://www.bouldersgym.com/adaptive</a> 608-244-8100
<b>ConfIDANCE</b>	ConfIDANCE is an inclusive dance program whose mission is to provide people of diverse abilities a place to gain confidence, develop new skills, and build new relationships, through music and movement. ConfIDANCE classes are offered at Vibe Dance Studio in Middleton.	<a href="https://confidancemadison.com/">https://confidancemadison.com/</a> 608-218-4761
<b>Down Syndrome Association of WI (DSAW)</b>	DSAW provides recreational programming for any adult with an IDD. They have Community-Based Outings, Day Services, one-on-one services and classes. They are located in Sun Prairie.	<a href="http://www.dsaw.org">www.dsaw.org</a> 608-883-3729

<b>Encore! Studio for the Performing Arts</b>	Encore is a professional theatre company for people with disabilities. Encore actively promotes an environment where each individual's talents, skills, and abilities can be fostered and developed to reach their goal of having a career as a performing artist.	<a href="https://encorestudio.org/">https://encorestudio.org/</a> 608-255-0310
<b>Gymfinity – Special Needs Gymnastics</b>	Gymfinity offers classes for kids with special needs that combine elements of gymnastics, fitness, and trampoline as well as movement education. Classes are for kids 5-21. Gymfinity can accommodate children of all skill levels and qualifications.	<a href="https://www.gymfinity.com/classes-programs/special-needs-gymnastics/">https://www.gymfinity.com/classes-programs/special-needs-gymnastics/</a> 608-848-3547
<b>Gigi's Playhouse</b>	Programs at GiGi's Playhouse offer foundational learning opportunities for individuals with Down syndrome, their families, and the community.	<a href="https://gigisplayhouse.org/madison/our-programs/">https://gigisplayhouse.org/madison/our-programs/</a> (608) 709-1411
<b>Harbor Athletic Club</b>	Harbor Athletic Club offers exercise classes for those with Parkinson's disease. Their certified instructors teach participants exercises based on the Parkinson's Wellness Recovery (PWR) training method to assist in improving lives through movement.	<a href="https://harborathletic.com/programs/parkinsons-disease-programs/">https://harborathletic.com/programs/parkinsons-disease-programs/</a> 608-821-6501
<b>Inspiring Hope Ministries</b>	Inspiring Hope Ministries creates and facilitates accessible opportunities for everyone to show off their creativity through dance, song, theater/improv, visual art, and more.	<a href="https://inspiringhopeministries.org/">https://inspiringhopeministries.org/</a> 608-836-4673
<b>LOV Inc.</b>	Living Our Visions (LOV Inc.) unites people with disabilities to engage and build their best lives, offering innovative services focused on community integration and living an inclusive, enriching life. LOV Inc. offers one-on-one programming, workshops and learning series, social events, and family navigator services to support tribal families and Spanish-speaking families that include individuals with disabilities.	<a href="http://www.lovdane.org">http://www.lovdane.org</a> 608-843-7906
<b>Madison Ice Inc.</b>	Madison Ice Inc offers the following programs: Adaptive Learn-to-skate, Sled Hockey for boys and girls, Sled Hockey for adults, and Special Hockey for youth and adults. Located at the Madison Ice Arena and Hartmeyer Ice Arena.	<a href="https://www.madisoniceinc.com/page/show/457170-adaptive-programs">https://www.madisoniceinc.com/page/show/457170-adaptive-programs</a> 608-204-7606
<b>MSCR – Adapted Recreation</b>	MSCR offers year-round, affordable, community-based recreation, social, physical, and educational programs for individuals of all abilities. Any individual with a disability is eligible to utilize MSCR's Adapted Recreation programs. The classes and activities are designed for people with disabilities, along with their family and friends.	<a href="https://www.mscr.org/our-programs/adapted-recreation">https://www.mscr.org/our-programs/adapted-recreation</a> 608-204-4581



<b>New Beginnings Club – through Neighborhood House</b>	New Beginnings is a social program for people with disabilities. Each week adults and their staff are welcome to attend this fun and casual club to make art, watch movies, play games, have snacks, socialize, make new friends, and have fun! Programming runs for the first hour and a half and pick-up is the last half hour. This program is free and open to all!	<a href="https://neighborhoodhousemadison.org/adults-disabilities/">https://neighborhoodhousemadison.org/adults-disabilities/</a> 608-255-5337
<b>The Mad City Badgers (Mad City Wheelchair Sports Inc)</b>	The Mad City Badgers is an organized Wheelchair Basketball team, serving families and players from many parts of South-East Wisconsin.	608-334-5869
<b>The Penguin Project of SPCT</b>	Each year, a group of youths from all over the greater Madison area take to the stage to perform a modified version of a well-known Broadway musical. This production is unique because all of the roles are filled by young people with special needs. They are joined on the stage by their peer mentors who volunteer to work with them side-by-side and guide them through four months of rehearsals and the final production.	<a href="https://www.sunprairiecivictheatre.com/the-penguin-project.html">https://www.sunprairiecivictheatre.com/the-penguin-project.html</a> 608-837-8217
<b>UW Department of Kinesiology: Adapted Fitness and Personal Training program</b>	The classes in this program are designed to accommodate students with permanent as well as temporary disabilities. Classes accommodate students who are interested in personal training opportunities, stress management, and weight management, and those who feel they need individualized attention in learning about and establishing a healthier lifestyle.	<a href="http://kinesiology.education.wisc.edu/academic/certificates/adapted-fitness-and-personal-training/">http://kinesiology.education.wisc.edu/academic/certificates/adapted-fitness-and-personal-training/</a> 608-262-0259
<b>Wisconsin Warriors power wheelchair soccer team</b>	Wisconsin Warriors Power Soccer is a club that offers power wheelchair users the ability to play soccer.	<a href="https://www.powersoccerusa.org/teams/wisconsin-warriors">https://www.powersoccerusa.org/teams/wisconsin-warriors</a>
<b>YAFA (Yoga Accessible For All)</b>	YAFA's mission is to help anyone who wants to experience the universal benefits of yoga find a class that meets them where they need to start their practice. They adapt yoga to meet the needs of the people in the program, examples of programs are "Yoga with Parkinson's" and "Accessible Yoga" which is inclusive for those with varying developmental and cognitive disabilities.	<a href="https://yafayoga.org/">https://yafayoga.org/</a>
<b>YogAutism</b>	YogAutism offers one-to-one sessions, group classes, and training courses based on the YogAutism™ 5-part Recipe, programming specifically designed for those on the Autism Spectrum.	<a href="https://www.yogautism.org/home">https://www.yogautism.org/home</a>