

Tarrant County Area Adapted Recreation Resources for people with IDD

Special Thanks to IDD Council Members, Juanita Monturo, Transition Specialist at Cook Children's Healthcare and Erin Fogarty, Recreation Therapist for compiling this information.

Please contact the IDD Council with any updates to this list.

Advocates For Special People, Inc. Special Connexions Program

Epworth United Methodist Church/Stephens United Methodist Church, Arlington

<https://www.advocatesforspecialpeople.org/advocates@advocatesforspecialpeople.org>

Incorporates exercise/swimming/dance as part of their activities; home of the Arlington Eagles Special Olympics team for those that have graduated from high school or who are within a few years of graduating.

Alley Cats Entertainment

Arlington

817-784-2695

<https://alleycatsbowl.com>
info@alleycatsbowl.com

Bowling league for kids with and without disabilities. Typically practices on Saturday mornings.

AquaStars

Irving, Heritage Aquatic Center

972-721-7311

<https://www.cityofirving.org/814/Special-Needs-Programs>

Every second Saturday, AquaStars provides children with special needs with an opportunity to sidestep crowds and experience the excitement of play in an indoor, 20-yard, temperature-controlled lap pool. Best of all, participants will only pay the standard admission rate of \$1 per visit. The program is custom-designed to children with special needs, ages 18 and younger, but the entire community is welcome to attend. An adult or guardian must accompany participants 18 and younger.

The ARC of DFW Area

Haltom City

<https://thearcofdfw.org/>
info@thearcofdfw.org

The ARC of DFW area promotes the human rights of individuals who have intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their life span. Provides a variety of recreational and social activities.

The ARC Denton County

Denton

972-436-8471

info@arcofdentoncounty.org

The Arc of Denton County advocates on behalf of and in collaboration with people with developmental disabilities and their families to improve their quality of life and to expand opportunities to participate actively in the community. Provides a variety of recreational and social activities.

Arlington-Mansfield Area YMCA Special Friends

Cooper Street YMCA

817-548-9622 ext. 210

This program provides an opportunity for adult members with special needs to focus on exercise and reinforce healthy life choices. Participants enhance their socialization, organizational and other daily living skills. Activities include supervised exercise programs, problem solving, team building, crafts, holiday celebrations, field trips and community service projects.

Arlington Library

Southwest Branch, 3311 S.W. Green Oaks Blvd,
Arlington

817-459-6900

<https://arlingtonlibrary.org/>

Music 'n Motion Story time: Laugh, dance, listen and sing! Enjoy this energetic story time with your little one where we will be exploring music, rhymes, storytelling, fine-motor finger plays and gross-motor movement. For ages 1-4. Offered every Tuesday of the month at 10:30 a.m.

Art House

Southlake and Highland Village

214-285-0084

www.studioarthouse.com

Extra Special Art – Designed for adults with special needs, ages 18 +, these art classes explore individual expression and abilities while fostering self-esteem, group participation, self-control and individuality.

The Art Station

Fort Worth

817-921-2401

www.theartstation.org

The Art Station is a nonprofit organization offering individuals and groups art therapy and community programs to children and adults.

ASI Gymnastics

Arlington, Keller & other locations in the Metroplex

<http://asigymnastics.com/gymmie-kids>

Gymmie Kids program- ages 3-18, private lessons or recreational classes with a shadow coach.

AWESOME on the Spectrum

Arlington

682-227-6039

<https://www.darlianliving.com/awesome-on-the-spectrum-aots/>
admin@awesomeonthespectrum.org

AotS is an organization that strives to encourage acceptance for people and families with Autism Spectrum Disorder. We truly believe that EVERY person on the spectrum is AWESOME in their own special way.

Casey's Clubhouse

Grapevine

817-410-3450

<https://gograpevine.com/listing/dove-park/>

Your children will get accessible fun in this expansive play area in Grapevine. Part of Dove Park, this playground includes a treehouse-themed play structure, swings, slides, climbing areas, smooth surfaces, places to engage kids' senses and promote cognitive development, picnic tables and more.

Center for ASD

Burleson

682-499-6655

<http://www.centerforasd.org/>

Organization founded in March of 2009 to assist families affected by Autism, both emotionally and financially. Since this time, has seen over 100 families affected by Autism and that number is rapidly growing - This is not to mention other special needs families who like to join in our events. Provides a variety of activities intended to provide a welcoming and safe environment for those with special needs and their families.

City of Carrollton

Carrollton

972-466-9813

<https://www.cityofcarrollton.com/departments/departments-g-p/parks-recreation/programs-events>

Join us for stories, songs, and activities in a fun, interactive environment. Intended for children of all ages and their grown-ups. Inclusive programs.

City of Irving Adult Therapeutic Day Program

Lively Pointe Youth Center

972-721-8098

<https://www.cityofirving.org/814/Special-Needs-Programs>
csmiley@cityofirving.org
ecaballero@cityofirving.org

Irving Parks and Recreation serves individuals with special needs through an Adult Therapeutic Day Program and Irving Special Olympics. Interested participants and volunteers are welcome to call or email for more information.

City of Southlake Therapeutic Recreation

Southlake

817-748-8019

parksandrec@ci.southlake.tx.us

Southlake's Adaptive Recreation programs provide recreation and leisure opportunities to teen and adult persons with physical/mental disabilities. Our service philosophy is to encourage people of all abilities to engage in a more active lifestyle through community recreation.

The Clubhouse for Special Needs

Bedford 817-285-0885 <https://www.theclubhouse.org/index.html>
director@theclubhouse.org

We focus on providing a safe, fun place for teens and adults (“our Clubbers”) with Intellectual and Developmental Disabilities (IDD) and physical disabilities. A “Clubber” is a member/client of the Clubhouse. At the Clubhouse, our goal is for each Clubber to make new friends, continue to expand their knowledge and explore their community while having a good time.

Come Read with Me

Eules 817-553-7323 <https://crwmtx.org/>
julia.mccollough@comereadwithme.us

A nonprofit life-long, year-round learning and therapeutic center for adults with intellectual and developmental disabilities. Provides a variety of recreational pursuits in their programs.

Coppell Baseball Association Challenger Baseball Program

Coppell 972-745-8869

The Coppell Baseball Association Challenger Baseball program is for young athletes (7 - 18 years of age) with disabilities.

Coppell Family YMCA Adapted Swimming Lessons and Special Olympics Program

Coppell 972-393-5121 https://www.ymcadallas.org/locations/coppell_family_ymca/mmurray@ymcadallas.org

Swimming programs for children and adults with special needs and other disabilities range from adapted private lessons to Special Olympics swimming team.

Coppell Youth Soccer Association TOP Soccer Program

Coppell 972-304-0886 <https://www.coppellyouthsoccer.com/>

The CYSA TOP Soccer program is for athletes with disabilities (age 5-19) who want to play soccer.

Cross Timbers Family YMCA “Buddy Sports”

Flower Mound 972-539-9622 https://www.ymcadallas.org/locations/cross_timbers/youth_sports/buddy_sports/
Jeff Fisher – 214-923-4424

Miracle League of North Texas operates “Buddy Sports” baseball & basketball.

Dream Club – Adapted Program (Wednesday)

Thomas Place Community Center Fort Worth

817-392-7427

<https://www.fortworthtexas.gov/departments/parks/services/community-centers/thomas-place-community-center>

The Dream Club offers fun, safe and comfortable recreational activities to people with all levels of abilities. The program offers participants the opportunity to feel confident and socially involved. A comprehensive adapted recreation program for ages 14-24. Wednesdays 10-12noon.

Dream Club – Adapted Program (Tuesdays)

R.D. Evans Gymnasium

The Dream Club provides adapted programming for participants ages 14 and up. This club will have a variety of enrichment classes including yoga, adapted PE, environmental courses, art, STEM and more! Light refreshments will be served. Tuesdays 11:00 AM – Noon.

Dream Park

Fort Worth

817-392-5700

<https://www.fortworthtexas.gov/departments/parks/services/inclusive-playgrounds/dream-park>

Tunnels, slides, swings with back supports, a bucket-seat zipline, a wheelchair-friendly glider, spinner and even quiet domes for kids who are over-stimulated: Dream Park in Fort Worth has it all. The all-abilities playscape, part of Trinity Park along the Clear Fork of the Trinity River, is fenced in for an extra measure of safety.

Emler Swim School

Fort Worth, Arlington & other DFW locations

855-232-2006

<https://emlerswimschool.com/emlerathome/>

Special needs swimming lessons for kids and adults.

Encore School of Dance

Saginaw

817-232-9393

<http://www.encoreschoolofdance.com>
office@encoreschoolofdance.com

The Encore School of Dance provides a dance class for individuals 3 years of age and older who have a disability. NO BOUNDARIES DANCE 101 – Ages 7-12 & SPECIAL NEEDS DANCE CLASS – 3 ½ year to 6. Please call studio to inquire about class specifics.

FEAT – North Texas (Families for Effective Autism Treatment)

Richland Hills

682-626-5000

<http://localautismevents.com/>

A non-profit organization operated by volunteer parents of children with autism. Holds two monthly social groups for tweens and teens with autism and a monthly social/support group for adults with Asperger's/ASD. FEAT also offers various Family Fun days throughout the year.

***Please Note: Building in Richland Hills location is only open for specific events.**

Fossil Creek Little League Baseball, Challenger Division

<https://www.fossilcreeklittleleague.com/>

fossilcreekbaseball@gmail.com

A division of Little League that enables boys and girls ages 4-18 with disabilities to enjoy the game of baseball. Serves Keller, Haltom City, Watauga, Saginaw and NE Fort Worth.

Galaxy Park Playground

Fort Worth Museum Science and History,
Fort Worth 76107

817-255-9300

A fundamental place for guests to find enjoyment, develop social skills through community play and build physical activity. All-inclusive, all-ability playground.

iFly Indoor Skydiving

Fort Worth & Hurst Locations

817-818-4359

<https://www.iflyworld.com/programs/all-abilities/>

The opportunity to indoor skydive for individuals who may have physical or cognitive challenges. Proper accommodations based on specific challenges. Additional assistance and attention during orientation, putting on a flight suit and helmet, etc. A highly trained, world-class iFLY instructor. This Instructor personally guides All Abilities flyers through the indoor skydiving experience.

Kid-netic Games

Dallas – Region 10 Education Service Center

972-348-1570

www.region10.org/programs/kid-netic-games/overview/

The Kid-netic Games is an **annual weekend** athletic event for students ages 2-22 (if still attending high school) with physical impairments such as amputations, spinal cord injuries, cerebral palsy, spina bifida, muscular dystrophy, dwarfism, and other orthopedic impairments.

Keller ATA Martial Arts

Keller

817-337-9493

www.kellerata.com

SPECIAL ABILITIES: ALL AGES

We offer classes for children of all ages, fitness levels and abilities. We pride ourselves in offering the best in martial arts. Our instructors have a history of working with students with Autism, Down syndrome, Cerebral Palsy, and other conditions.

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Kids Who Care Musical Theater

Fort Worth

817-737-5437

deborah@kidswhocare.org

Kids Who Care provides inclusive musical theater classes, camps and leadership training for children (4-18) with and without disabilities.

Liberty Cheer All Stars

Midlothian

972-775-5323 or 469-285-1186

www.libertycheerallstars.com

“Justice” cheerleading team for youth with special needs.

Little Mavs Movement Academy (LMMA) University Texas Arlington

<https://littlemavs.uta.edu/>

dmclab.uta@gmail.com

The Little Mavs Movement Academy (LMMA) is a group motor skill intervention program designed to improve motor skills of 4- to 13-year children and adolescents with movement/coordination difficulties. LMMA services are provided during an identified semester. Check the website for current information.

Lone Star Black Belt Academy Shooting Stars

Keller

817-485-9595

<http://www.lonestarblackbeltacademy.com/>
lonestarblackbeltacademy@yahoo.com

Lone Star Black Belt Academy offers a free karate class for individuals 5 and older who have Down syndrome. Can also accommodate other developmental disabilities.

Metroplex Adaptive Water Sports

214-803-9955

<https://cpfamilynetwork.org/resources/resources-guide/metroplex-adaptive-water-sports-maws/>
<http://youcanski.org/>
blaine@youcanski.org

MAWS is a non-profit, volunteer driven organization dedicated to providing opportunities for persons with all types of disabilities to experience water sports. The emphasis is on water skiing, utilizing specialized ‘sit skis’ to provide a safe, enjoyable skiing experience, regardless of the level of disability.

Miracle League DFW

Field – 1901 W. Randol Mill Rd, Arlington

817-633-6076

<https://www.miracleleaguedfw.com/>
info@miracleleaguedfw.org

Participate in baseball with assistance from a “Buddy”

Miracle League Irving

Field: Cottonwood Creek Park – 4051 N. Story Rd.

mmacgregor@ymcadallas.org
rblack@ymcadallas.org

https://www.ymcadallas.org/locations/irving_family_ymca/sports/miracle_league_irving/

Participate in baseball with assistance from a “Buddy”

Miracle League of North Texas

Flower Mound & Denton

214-923-4424

<https://www.miracleleaguentx.com/>

The Miracle League uses a “buddy” system – pairing each player with an able-bodied peer. The result is a bond that cannot be described. The Miracle League serves children with any physical or mental disabilities, which can cause them to be excluded from conventional youth baseball leagues.

Miracle League of Parker County

Weatherford

Field: 2308 Tin Top Rd, Weatherford

817-614-6261

james.grayy31@gmail.com

The Miracle League of **Parker County** is a non-profit organization focused on providing a safe and enjoyable team sport experience for kids and young adults with mental disabilities regardless of his or her experience level of ability. Players ages **4-105** and from **all counties** are welcome.

Miracle League of Southlake

Field: Texas Rangers Miracle League Field
450 W. Southlake Blvd., Southlake 760292

817-675-8701

<http://www.miracleleagueofsouthlake.com>
Tomkormondy@verizon.net

The Miracle League of Southlake provides the opportunity for every person a chance to play baseball! With a focus on the development of teamwork, sportsmanship, commitment, and community, the MLS provides physically and mentally challenged individuals a safe and spirited program in which they can learn, develop skills, and play the game of baseball!

North Texas Special Needs Assistance Partner

Euless

817-545-9456

www.ntxsnap.org

North Texas SNAP is a nonprofit 501(c)(3) organization serving individuals 17 and older living with intellectual disabilities. SNAP provides a variety of social, recreational, and educational programs for its members.

Patricia LeBlanc Park

Fort Worth

817-392-5700

<https://www.fortworthtexas.gov/departments/parks/services/inclusive-playgrounds/patricia-leblanc>

Has an all-abilities playground with accessible bridges and swings, sensory areas, an easy-to-navigate ground surface and other features. The park had the first playground in the nation with universal design methodology, allowing kids with special needs to play side-by-side with other children.

Off the Deep End Aquatics, Inc.

Multiple DFW Locations

682-200-7865

<http://offthedeependaquatics.com>

We have a great swimming instructor team with a passion to teach everyone to swim and be safe around water!

Premiere Marshall Arts

North Richland Hills

817-281-4390

<http://www.pmanrh.com>
Kim@pmanrh.com

Can accommodate children and teens with special needs in their classes. Please call to discuss needs.

RISE Adaptive Sports

Grapevine, Irving & Lewisville

972-292-8650

<https://www.riseadaptivesports.org/home>

Our mission is to assist persons with physical challenges to Recover, Inspire, Succeed, and Empower themselves and others by providing inclusive, adaptive recreational sports programs.

Sensory Sensitive Sundays @ Chuck E. Cheese

Multiple Locations

<https://www.chuckecheese.com/sensory-sensitive-sundays/>

Chuck E. Cheese restaurants across Dallas-Fort Worth offer these special play days on the first Sunday of the month. Participating locations open early for sensitive-friendly play. Check with a Chuck E. Cheese near you to confirm participation. Elements include dimmed lighting, shows and music turned down or turned off, quieter arcade games and a less-crowded environment.

Special Needs Gymnastics

Multiple Locations in Tarrant County

806-438-3227

<https://www.ilovesng.org/>
Denise@ILoveSNG.org

Special Needs Gymnastics is a year around sport. Offers gymnastics, swimming, cycling, sports class- baseball, soccer, football and basketball.

Special Olympics – Area 11, Greater Fort Worth

8701 Bedford-Eules Rd #330, Hurst 76083

817-284-0074

<https://www.sotx.org/area-home?area=2311787>

Special Olympics Texas not only provides year-round sports training and competition, but also health and inclusion programs for individuals of all ages with intellectual disabilities.

Special Strong

North East Tarrant County

817-898-8381

Special Strong Champions Foundation is a non-profit organization that creates opportunities for special needs families in need of financial assistance to participate in specialized health and wellness programs to live a more independent and abundant life.

Spirit-Xtreme Cheer

Southlake

817-251-8984

<http://spirit-xtreme.com/>

Spirit Xtreme Rejoice is a Co-ed Special Needs All Star competitive cheerleading team for athletes ages 14 years and younger with an intellectual and/or physical disability who love to cheer, dance and perform.

Super Kids Program

Richland Youth Association

682-558-1834

Tim@myrya.com

Super Kids is a league for the mentally and/or physically challenged children and adults, starting at ages 14 and up. We strive to offer Baseball, Football, Basketball, and Cheerleading for all participants.

TCU Physical Activity Program

TCU Campus, Fort Worth

817-257-6866

p.esposito@tcu.edu

Saturday classes are held in the Spring and Fall semesters. Ages 18 and older. Individuals are paired with a TCU Kinesiology student that leads the fun exercise activities.

Therapeutic Horseback

<p>All Star Equestrian Foundation Mansfield – 817-477-1437 allstar892@juno.com www.allstarfoundation.org</p>	<p>Paws for Reflection Ranch 5431 Montgomery Rd, Midlothian 972-775-8966 pawsforreflection@att.net www.pawsforreflectionranch.org</p>	<p>Wings of Hope Equitherapy Cleburne – 817-783-3805 https://www.wingsofhopeequitherapy.org/</p>
<p>New Hope Equine Assisted Therapy 6151 FM 1830, Argyle 817-729-5315 skershen.newhope@gmail.com http://newhopeequine.com</p>	<p>Stable Strides Farm, Inc. 10300 Foutch Rd, Pilot Point 940-595-3600 stablestrides@aol.com www.stablestridesfarm.org</p>	<p>Victory Therapy Center (formerly Rocky Top) 10600 Dunham Rd, Roanoke 682-831-1323 lisa@victorytherapy.org www.victorytherapy.org</p>
<p>S.T.E.P.S with Horses Fort Worth Location 682-219-8733 www.stepswithhorses.org</p>	<p>Stars & Strides Stables 228 Sandpiper Dr., Weatherford 817-929-0020 teresa@starsandstrides.org www.starsandstrides.org</p>	

Yogi Kids

Flower Mound

214-325-2547

<https://www.myogikids.com/>

Yogi Kids & Fit Family offers a wide range of adult classes for all ages, abilities, and sizes. Our instructors excel in adapting and modifying our classes to insure everyone's needs are met. Come join our community of real, down to earth people. Special needs Adult classes & Snap N Clap program.

U.S National Park Service – Access Pass

<https://www.nps.gov/planyourvisit/passes.htm>

A free, lifetime pass - available to U.S. citizens or permanent residents of the United States that have been medically determined to have a permanent disability (does not have to be a 100% disability) - that provides admittance to more than 2,000 recreation sites managed by five Federal agencies. The Access Pass admits pass owner/s and passengers in a non-commercial vehicle at per-vehicle fee areas and pass owner + 3 adults, not to exceed 4 adults, where per-person fees are charged. (Children under 16 are always admitted free.)

For additional adapted recreation resources in other Texas counties, visit www.navigatelifetexas.org