NortheastArc
Community Resource Center

NORTHEAST TRANSITION COLLABORATIVE NETWORK

RECREATION

RESOURCE GUIDE






About NTCN

The Northeast Transition Collaborative Network (NTCN) supports the successful transition from school to adulthood for students and young adults with intellectual and developmental disabilities and/or autism.

NTCN promotes information sharing and partnership across school, agency, and home settings. NTCN offers monthly virtual sessions on adult services and community opportunities and quarterly professional development for educators focused on person-centered transition practices.

Our Goal

To unify resources, provide trainings, and create a collaborative space for everyone involved in the person-centered transition process from school to adult services in the Massachusetts Northeast Region.

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To access this Resource Guide electronically, scan the QR code or visit https://tinyurl.com/NTCN-Recreation-Resources

Reach out to CommunityResourceCenter@ne-arc.org with any questions or if you're interested in receiving information on upcoming events and resources from NTCN.

Updated June 2026

Arts & Culinary

All Newton Music School
Newton, MA
https://www.allnewton.org/
The mission at All Newton Music School is to weave 'Music for All' into the very fabric of the community. Whether potential musicians are exploring classical or musical theater, every age, interest, and ability has a place at All Newton Music School. There are options for individual and group lessons as well as adaptive music options for participants who are Blind or Visually Impaired and inclusive options!

Art for All Abilities
Concord, MA
https://www.artforallconcord.org/
Art for All Abilities celebrates and empowers individuals with cognitive differences. Programs are offered in an inclusive and nurturing space where participants can explore a range of artistic mediums, encourage self-expression, and gain a sense of accomplishment. The Arts and Crafts Club welcomes teens and adults with cognitive differences to join for sociable and creative fun. Activities include painting, collage, Sculpey, and more. Creations made in the club have been featured in public exhibits and displays. Artists interested in participating can choose how often they would like to attend.

Berklee Institute for Accessible Arts Education
Boston, MA
https://college.berklee.edu/BIAAE
The Berklee Institute for Accessible Arts Education is dedicated to increasing opportunities for individuals with disabilities in all aspects of performing and visual arts education. Berklee offers classes for all ages including group and private music lessons, ukelele, music technology, choral and rock band ensembles, theater, dance, and more with virtual and in-person options. They have an annual ABLE Fest music festival and offer sensory-friendly performances throughout the year.

Boston Ballet Adaptive Dance Program
Classes are held in Newton and Boston
https://www.bostonballet.org/education-program/adaptive-dance/
At Boston Ballet School, we believe dance is for everyone! Founded in 2002 as the first program of its kind in the world, the Adaptive Dance Program is a full school-year, age-based program that provides dance instruction to students of all disabilities from 2 years old to adult. In the fall 2025, they will be piloting an Adaptive Adult Foundations class for ages 22+. Classes have an average size of 8 students with a minimum of 4 staff members: a trained Boston Ballet School faculty member, an assistant, a physical or occupational therapist, and a musician.

***Create & Escape - Creative Studios and Workshops**
Peabody, MA
https://www.createandescapediy.com/
We want to give our guests a fun, stress-free & creative experience with our easy step by step instructions, high quality materials and fun creative projects for your home & family! We believe in providing you with outstanding customer experience that keeps you coming back to C&E! We are so confident that you will love your project that we guarantee it!

Arts & Culinary

The Dance Inn
Lexington, MA
https://www.thedanceinn.com/
The Dance Inn offers an Adaptive Dance program that shares the joy of dance with students ages 6-25 with special needs. The adaptive dance program is designed to foster independence, confidence, cooperation, strength, and coordination. Each class also allows a safe environment for students to develop friendships and gain self-esteem. With multiple levels based on age, dancers can participate in jazz, hip-hop, and creative movements. Each year, dancers perform in the annual dance recital.

Follow your Arts Community Studios
Melrose, MA
https://www.fyamelrose.org/
Follow Your Arts Community Studios builds community by supporting creative endeavors for all through the arts. With a commitment to creating an accessible and inclusive studio, Follow Your Arts offers support for artists who may need additional support and/or financial assistance. To learn more about their commitment to the Arts for All, visit https://www.fyamelrose.org/arts-for-all/. Follow your Arts has partnered with Stoneham's SHINE Community Based Transition Program, SEEM Collaborative, and Burlington Recreation to offer art programs at their school/town space or at the studio.

Museum of Fine Arts – Beyond the Spectrum
Boston, MA
https://www.mfa.org/programs/access-programs/beyond-the-spectrum
Beyond the Spectrum is a specially designed program for youth ages 8-12 and teens/young adults ages 13-22 on the autism spectrum. The program takes place one Saturday per month and features interactive time in the galleries followed by a creative art-making workshop. Parents, caregivers, and families are welcome to join their participant.

Open Door Theatre
Acton, MA
https://www.opendoortheater.org/
Using the frameworks of Universal Design, Open Door Theatre is an accessible community theater for adults and children with and without disabilities. The performances at the theater are offered with accessibility in mind for audience members with all performances having ASL Interpretation, Assistive Listening Devices, Accessible Seating, Captioning, and Sensory Friendly Environments.

***Phoenix Food Hub**
Lynn, MA
https://phoenixfoodhub.org/
https://www.facebook.com/PhoenixFoodHubLynn
The Phoenix Food Hub serves people of all ages with nutrition needs in and around the Lynn area. The Phoenix Food Hub is a one-stop shop where individuals and families at risk of nutrition insufficiency can access a variety of resources to help them better manage their overall health and well-being including a food pantry, nutrition counseling, and free cooking classes. Cooking classes and events are offered for free at the Hub! Sign up for their monthly newsletter and/or check their Facebook for information on events.

Arts & Culinary

Plugged In
Needham, MA
https://www.pluggedinband.org/
Plugged In is a non-profit music program committed to creating an inclusive, loving, and diverse community empowered to change the world. We educate musicians in a non-competitive environment and provide band and individual performance opportunities in support of community and charitable causes. Plugged In Band offers music classes, private lessons, a free monthly open mic night, and a monthly free intergenerational drum circle.

Roman Music Therapy
Wakefield, MA
https://romanmusictherapy.com/
Roman Music Therapy Services' Board-Certified Music Therapists use music to transform lives, overcoming challenges with communication, understanding or socialization in children and adults. With music as a bridge, they are able to uncover an individual's potential, creating new connections, providing successful interactions and offering meaningful opportunities for growth. Project Harmony is a series of inclusive community-based experiential music programs that celebrates and highlights similarities rather than focusing on differences. The Project Harmony umbrella encompasses a variety of one-time events as well as ongoing series such as a chorus, drum circle, and karaoke events.

Shoe Town Art Center
Haverhill, MA
https://www.shoetownartcenter.com/product-page/inclusive-arts-for-adults
At the Shoe Town Art Center, art classes are available across the age span and art modalities. The center offers an Expressive Arts class specially designed for adults with disabilities. Participants in the class explore the process of creating a variety of art projects using mediums such as painting, drawing, sculpture and printmaking. Group lessons focus on increasing social pragmatic skills, building interpersonal relationship skills, working as a team and using a variety of art mediums as a modality to express oneself.

***Slow River Studio**
Topsfield, MA and Online
https://www.slowriverstudio.com/
The studio offers introductory art classes and classes for those who have more experience and are looking to advance their skillset. Slow River offers classes at their studio in Topsfield, online, and often do workshops at local libraries and outdoor locations in the summer.

Special Needs Art Programs, Inc.
Lexington, MA
https://snaparts.org/
Special Needs Arts Programs, Inc., provides people with developmental disabilities opportunities that celebrate each person's unique abilities while cultivating expression, building peer relationships, and fostering self-esteem through life enhancing activities in the arts. Some of the programs that SNAP offers includes chorus, crafts, and ceramics.

Arts & Culinary

Special Stars Performing Arts
Salisbury, MA
https://specialstarsprogram.org/
A performing arts program that offers affordable adaptive singing, dancing, and acting classes for those with intellectual and developmental disabilities. Special Stars is dedicated to helping each individual discover their own personal strength, talent, and potential. Students learn to express themselves through creative group music and movement activities while gaining confidence and appreciation for the arts. All classes culminate in a live performance for friends and family.

***Taste Buds Kitchen**
Beverly, MA and North Andover, MA
https://tastebudskitchen.com/
Taste Buds Kitchen's mission is to delight guests through delicious culinary entertainment experiences. At their core, they believe time spent in the kitchen is about more than just cooking and baking– the kitchen brings people together, sparks creativity, and creates lasting memories with family and friends. Taste Buds offers a variety of cooking classes for children and adults and can be used for private parties.

Theatre with a Twist
Acton, MA
https://www.theatrewithatwist.org/
Theatre with a Twist is an inclusive community theater that focuses on family and education. In their programs, they strive to promote empathy, confidence, and respect. It's a place where participants come together to learn from the process of theater, have fun, and to bring joy to the community. All classes culminate with a live performance!

United Dance
Boston, MA
https://www.uniteddance.org/home
United Dance aims to share the love of dance and foster creativity by providing high quality, engaging, and thoughtfully designed programming in a structured, safe environment where individuals with Down syndrome and their families can be unequivocally themselves and experience the joy of dance to the fullest! All classes are taught by a professional dancer who is trained in teaching dance to specialized populations. The teacher is supported by an assistant teacher, a musician, and a physical therapist or health care professional.

Fitness

Adaptive Fitness and Movement
Acton, MA
https://www.adaptivefitnessandmovement.com/
Adaptive Fitness and Movement offers both traditional and adaptive fitness training sessions and classes to participants of all abilities starting at age 14. The adaptive fitness classes were formed incorporating the program of Autism Fitness which integrates Applied Behavior Analysis. Adaptive Individual Programs are developed using baseline information on the participant to meet the individual where they are and make steady progress. The instructors use exercises that are age appropriate and functional to help prepare people for real life movements like walking upstairs or carrying heavy objects like grocery bags. The Fitness Center offers opportunities for classes to sign up for field trips.

Inclusive Fitness
Burlington, MA and West Roxbury, MA
https://inclusivefitnessburlington.com/ and https://inclusivefitness.com/
Inclusive Fitness offers adaptive, functional fitness for autistic and neurodivergent athletes. Our expert coaches meet each athlete where they are, with personalized and results-driven programs. Inclusive Fitness prioritizes accessibility and provides a sensory-friendly space where every athlete is seen, supported, and given the opportunity to reach their goals. They offer 1:1, semi-private (2:1), small group sessions, and large group sessions.

JOC Boxing w/ Marc O'Connell
Tewksbury, MA
https://www.instagram.com/jocboxing1
JOC Boxing offers Adaptive Boxing for individuals or groups to learn self-defense techniques and overall fitness. During sessions, visual supports are utilized to support learning and communication. Boxing strategies are modified for individual needs to foster coordination, balance, agility, and confidence. JOC boxing shares a space with NDB Fitness in Tewksbury.

Merrimack Valley YMCA
Andover, Methuen, North Andover, MA
https://mvymca.org/program/inclusion/
The Merrimack Valley is a combination of three YMCA branches: Andover, North Andover, and Methuen. The three branches have numerous programs to support individuals with physical and intellectual disabilities. They offer Special Olympics powerlifting, spin, cardio, pickleball, and yoga. They also have a Stronger Together program that focuses on physical activity, socialization, and mindfulness. On the first Friday of the month, the Methuen YMCA hosts themed dances for individuals with disabilities!

NDB Fitness
Tewksbury, MA
https://ndbfitness.com/gyms-for-everyone-adaptive-fitness-for-asd/
NDB Fitness offers sensory friendly adaptive classes and individualized fitness plans for individuals with disabilities to access fitness and movement. The adaptive program tailors' workouts to individual needs, utilizes visual supports, inclusive practices, and encourages collaboration with families and caregivers.

Fitness

White Wolf Fitness – Part of the Pack Program
Salem, MA
https://www.whitewolfsalem.com/
https://www.instagram.com/partofthepackprogram/
The "Part of the Pack" program was designed to integrate individuals with disabilities into the gym, fostering inclusivity and empowerment. The program's mission is to protect and strengthen the "pack" by providing an adaptive fitness program in a supportive and inclusive environment.

Outdoor

DCR Universal Access Programs
Various Locations in Massachusetts
https://www.mass.gov/orgs/universal-access-program
The Department of Conservation and Recreation's Universal Access Program provides outdoor recreation opportunities in Massachusetts state parks for visitors of all abilities. Accessibility is achieved through site improvements, specialized adaptive recreation equipment, and accessible recreation programs. The Universal Access Program (UAP) offers adaptive, accessible programming seasonally at state parks, pools, and rinks with partners like Easterseals Massachusetts and Waypoint Adventure to run programming. Their website also has information on accessible locations and equipment across the state.

The Department of Conservation and Recreation also has accessible locations and adaptive equipment on site. The website has information on accessible hikes, fishing, skiing, and accessible beaches and pools. Along with accessible locations, information on adaptive equipment (e.g. beach wheelchairs) available at locations is available on the website.

Outdoor

Essex County Greenbelt Association - Accessible Trails
Various Locations in Essex County
https://www.ecga.org/explore?cat=accessible-trail
Greenbelt protects natural land and working farms across Essex County forever, helping to conserve healthy ecosystems, clean water, local food supplies, scenic landscapes, and free, accessible places for all to benefit from nature.

The Great Malden Outdoors
Malden, MA
https://www.thegreatmaldenoutdoors.com/
The Great Malden Outdoors was created to promote and improve access to outdoor recreation in Malden. Founder Darren Josey (DJ) has a goal of closing the "adventure gap" and fostering a more inclusive outdoor experience for all regardless of background, experience, or ability. The campaign offers a variety of resources and events to encourage residents to explore the city's outdoor spaces, including hiking, biking, bird watching, and climbing. The website is the home of a step-by-step guide to outdoor recreation in Malden, including information on various activities, locations, and how to get involved. Through partnerships, The Great Malden Outdoors has collaborated and promoted accessible events outdoors with little to no cost.

Mass Audubon All Persons Trails
Various locations throughout Massachusetts
https://www.massaudubon.org/places-to-explore/accessibility
Mass Audubon has developed and installed universally accessible All Persons Trails at wildlife sanctuaries across the state, and there are more on the way. All Persons Trails are typically .5-.75 miles long with wide, even paths of pavement, crushed gravel, or boardwalk. The accessible trails have frequent seating opportunities that provide a space to rest and take in the nature around. All Persons Trails include universally accessible interpretive features. You can expect handrails, braille and tactile features, audio tour stops, wildlife viewing boardwalks and platforms, and multi-use seating. At select sanctuaries, All Persons Trails are equipped with a unique post-and-rope navigational guiding system; round beads on the rope indicate an interpretive stop, square beads indicate there is seating nearby. These guiding systems are designed to provide visitors with vision impairments an opportunity to independently experience segments of the trails.

Outdoor

Rest Stop Ranch
Topsfield, MA
https://rest-stop-ranch.org/
Mary MacDonald and Karl Ackerman developed their private gardens for the therapeutic benefit of the community after a devastating dementia-care experience and loss of Mary's mother parent. The couple learned the importance and need for an accessible experience for those living with long-term illness/disability and their care partners. With Karl's gardening passion and Mary's background in designing accessible, joyful experiences, they created seven wheelchair-accessible horticultural areas on their property. From April through October, there are weekend events for people with disabilities and their caregivers, including the monthly wheelchair-accessible "Sunday Stroll" and, on many Saturdays, the first U.S.-based "Memory Café in the Garden®."

The Trustees of Reservations Massachusetts
Various locations throughout Massachusetts
https://thetrustees.org/
The Trustees offers accessible trails and adaptive equipment at multiple properties, accessible programming and events including sensory-friendly activities, programming with ASL Interpretation are designed to accommodate persons with physical, intellectual, and sensory disabilities. With input and partnership from members of the disability community, The Trustees continue to expand access across the properties and programs.

Recreation Programs

The Arc of Greater Haverhill-Newburyport AFTER Program
Haverhill, MA
https://www.thearcofghn.org/services/after-program/
The AFTER Program offers **A**ctivities, **F**un, **T**raining, **E**nrichment & **R**ecreation for teens and adults with intellectual and developmental disabilities. The website has a calendar of activities for the month that may include bowling, dancing, movie nights, and craft events.

Bridging Independent Living Together (BILT)
Woburn, MA
https://biltne.org/
BILT hosts a wide array of events aimed at fostering independence, skill-building, and social connections for individuals with disabilities. They offer workshops to address essential skills like cooking and budgeting, health and wellness sessions, and social events/outings!

Bedford Therapeutic Recreation
Bedford, MA
https://www.bedfordma.gov/851/Therapeutic-Recreation
Bedford Recreation Department's mission is to create and implement recreation programs that are inclusive to participants of all ages and abilities. This includes individuals with cognitive, developmental, social, emotional and intellectual disabilities. They also offer inclusion support for Recreation programs. Therapeutic Recreation programs in Bedford include adaptive sports and social groups.

Billerica Recreation Department
Billerica, MA
https://billericama.myrec.com/
Billerica Recreation Department offers inclusion supports for individuals with disabilities to be able to participate in recreation programs. They also have their Adaptive Leisure Adventure Club for older teens and adults which is designed to accommodate individuals with intellectual and developmental disabilities. The Adaptive Leisure Adventure Club hosts social gatherings and community outings to museums, while watching, cookouts at the beach, and more!

Burlington Therapeutic Recreation
Burlington, MA
https://www.burlington.org/845/Therapeutic-Recreation
Burlington's Therapeutic Recreation Department offers inclusion services, adaptive programs, sensory events, and social programs. They offer programs for people across the age span and interests.

Recreation Programs

Communitas Recreation
Wakefield, MA
https://communitasma.org/services/recreational-programs/
Communitas' Recreation Department provides individuals with intellectual and developmental disabilities the opportunity to build relationships, experience the joy of competition, get out in the community, and have fun. The Recreation Department at Communitas serves individuals across the lifespan with various activities such as bowling, sports teams, inclusive fitness classes, social clubs, performing arts, movie nights, and more!

Cotting Transition Institute
Lexington, MA
https://cottingtransition.org/events/
The Cotting Transition Institute (CTI) is a center of excellence located on the Cotting School campus. The programs offered are designed to educate and empower adults with disabilities (ages 22+) and their families. At the center, social and recreational events, groups for learning daily living skills, workshops and seminars for parents and caregivers, online resources and personalized 1:1 consulting are offered. Participants can pay for events a la carte or enroll with an annual membership.

Easterseals Massachusetts
https://www.easterseals.com/ma/programs-and-services/recreation/
Easterseals Massachusetts offers adaptive and accessible recreational programs for individuals with and without disabilities, statewide. A wide variety of programs are offered including accessible martial arts, adaptive swimming, equine assisted services & camp opportunities.

Echo Enrichment Center
Burlington, MA
https://www.echoenrichment.com/
Echo Enrichment Center offers programs and recreational activities for adults with disabilities. Some of the programs they have offered include creative arts, trips to events in the community, Disney themed groups, and more!

Lexington Therapeutic Recreation
https://www.lexingtonma.gov/611/Therapeutic-Recreation
Lexington's Therapeutic Recreation Department offers inclusion services, adaptive programs, sensory events, and social programs. They offer programs and support for people across the age span and interests.

Medford Recreation
Medford, MA
https://medfordma.myrec.com/
Medford Recreation has programs that offer movement, socialization, and play for all ages. Medford Recreation offers some adaptive programming and information on how to request inclusion and accessibility services to access programs.

Recreation Programs

Minuteman Arc Recreation
Concord, MA
https://www.minutemanarc.org/programs/recreation-family-services/
Minuteman Arc Recreation offers a variety of enrichment activities including bowling, fitness, chorus, ceramics, hip hop dance, yoga and Special Olympic sports for ages 16 and older. Programming is designed to help individuals reach their personal goals, improve health and wellness, and create opportunities for socialization.

Newton Athletes Unlimited
Newton, MA
https://newtonathletesunlimited.org/recreation-programs/
Newton Athletes Unlimited offers recreational programs to encourage physical, social, emotional and intellectual development to individuals with disabilities. Programs start as young as age 8 and groups are split up by age. Some of the Recreation programs offered include sports, arts and dance, and wellness. Newton Athletes Unlimited also hosts special events including movie nights, dances, and movie nights.

Northeast Arc Recreation
Danvers, MA
https://ne-arc.org/services/family-services-and-recreation/recreation/
Northeast Arc's Recreation program offers individuals the opportunity to participate in active and healthy recreation as well as leisure activities for enjoyment, relaxation, development, and personal growth. Recreation offers a variety of programs that run weekly and seasonally including Health and Wellness (athletics), Arts and Crafts, Cooking, Bowling Leagues, Special Olympics, and evening activities.

Opportunities for Inclusion-Recreation PLUS
Waltham, MA
https://www.oppsforinclusion.org/recreation/
Recreation PLUS is committed to providing affordable, inclusive and creative recreational activities for children, adolescents, and adults with developmental disabilities.

Recreation Adult Resource Association (RARA)
Lowell, MA
https://www.raraagency.org/
RARA offers social, recreational, and educational opportunities open to participants with intellectual and developmental disabilities ages 18 and older. The range of programs are across times of day and days of the week with something for everyone! RARA offers Special Olympics, Bowling, Swimming, dances, field trips, computer training, and more!

Recreation Programs

Special Teams for Exceptional People (S.T.E.P)
Lowell, MA
https://www.stepinc.us/
S.T.E.P. offers social, recreational, and sporting activities for individuals of all ages with disabilities in order to instill confidence and self-esteem in them. Some of the offerings through S.T.E.P are baseball, soccer, bowling, karate, cardio drumming, yoga, and more! They invite participant siblings and families to participate in the programs with them!

The Paul Center for Learning and Recreation
Chelmsford, MA
https://thepaulcenter.org/programs/
The Paul Center offers a Saturday Transition Program, summer camp, and Extended School Year programming. The Transition Saturday Program is designed to foster independence, while providing opportunities to practice activities of daily living, vocational skills and life skill academics such as cooking, laundry, and gardening.

Woburn Recreation
Woburn, MA
https://woburnma.myrec.com/
The Woburn Recreation Department provides affordable programs to families of all abilities, ages and backgrounds who are looking for meaningful ways to drive their health & wellness, build friendships & create memories within their community. Adaptive sports, recreation, and social programs are offered to youth and adults with intellectual and physical disabilities. The programs provide options for people with disabilities to participate in programs and activities that are specifically designed to meet their diverse needs. Inclusion services are also available for any individual who may have a disability and is looking to participate in a program with support.

Social Opportunities

Access 2 Community and Friendship
Greater Boston Area
https://www.access2communityandfriendship.com/
Access 2 Community and Friendship is a Boston based social group/club comprised of young adults with and without disabilities ages 22 and older. The events are designed by young adults to promote accessible social events in community spaces with universal access for all. The mission behind Access to Community and Friendship is to empower disabled adults to develop community, recreational, social activities, and programs that are inclusive to everyone.

Drew's Trips
https://www.drewstrips.com/
Drew's Trips is a New England based company providing recreation and travel for seniors and people with disabilities. From day trips in Boston and throughout New England to vacations overseas, there are options for those interested in staying within the state, New England, or traveling abroad!

The Friends Club at Hamilton-Wenham Community House
Hamilton, MA
https://communityhouse.org/friendsclub/
For nearly 40 years, The Community House has been serving the interests of individuals with disabilities via free social events. Individuals with disabilities are too often isolated and lonely. The Friends Club allows members a much-needed opportunity to socialize, connect with one another, and build community. It represents an excellent expression of The Community House's deep commitment to inclusion. In a typical year, Club members might be invited to enjoy a spaghetti dinner, a western dance, an art workshop, and a karaoke night–just to name a few options!

Gloucester Special Needs Dances with Leo Francis
Gloucester, MA
https://gloucesterfraternityclub.com/special-needs/dance-schedule/
The Gloucester Fraternity Club has been hosting Special Needs Dances for over 40 years. The dances provide people with intellectual, mental, or physical disabilities an enjoyable evening of fun as well as the ability to make new friends. The dances are held once a month from September through June and every month is a different theme.

Methuen YMCA Special Friends Dances
Methuen, MA
https://mvymca.org/special-friends-dances/
The Methuen YMCA hosts invites adults (22+) with disabilities are invited to come to their monthly themed dances with music, friends and fun! The dances are held on the first Friday of every month from 6-8 p.m. For participants that require assistance, they require a caregiver or family member to attend, free of charge.

Social Opportunities

The Network
Lowell, MA
https://www.uml.edu/research/autism/services/the-network.aspx
The Network is a social networking program for neurodivergent adolescents and young adults aged between 18-30 years. Members typically identify as autistic and/or as having ADHD. The goal is to provide an opportunity to meet others and hopefully make connections. The Network takes place in person and online with meetings at UMASS Lowell and in the community on the first and third Wednesday evening of the month. During online meetings participants chat, play Jackbox, and other games. A schedule of events is shared at the beginning of the year.

SMILE Mass
Sudbury/Framingham, MA
https://smilemass.org/
Small Miracles in Life Exist (SMILE Mass) is a non-profit dedicated to helping families raising children or adults with disabilities enjoy happy, healthy memories through education, vacation, and recreation experiences. SMILE Mass is open to youth and adults with programs including adaptive sports, social gatherings, and fitness. SMILE Mass has equipment that can be borrowed to access outdoor recreation opportunities.

Sports

Access Sport America
Various locations across Massachusetts
https://goaccess.org/
The mission of AccessSportAmerica is to inspire higher function and fitness for children and adults living with challenges and disabilities through high-challenge sports and training. AccesSportAmerica programs are designed to promote each person's highest physical and athletic potential while cultivating social and emotional well-being. They offer adaptive cycling, kayaking, soccer, tennis, and more!

Achilles International
Boston, MA
https://www.achillesinternational.org/boston
Achilles (BOSTON) lnternational is a global organization operating in 18 countries including the US, transforming the lives of people with any disability through athletic programs and social connection. Achilles International offers programs school programs for youth, programs for wounded military personnel and veterans, and adults with disabilities. While their programs focus on running, their main objective has always been to bring hope, inspiration, and the joys of achievement to all.

Adaptive Climbing Group
Somerville, MA
https://www.adaptiveclimbinggroup.org/
The Adaptive Climbing Group (ACG) is a non-profit organization that provides affordable climbing experiences for individuals with disabilities, aiming to transform their perspectives. The events are open to anyone with a permanent disability that limits normal daily function either physically, mentally, or developmentally. Friends, family members, and aids are also welcome to join sessions to support or accompany adaptive climbers who participate in programming. As of August 2025, the cost to participate has been $11/climber.

Adaptive Sports New England
Various locations in Massachusetts
https://adaptivesportsne.org/
Adaptive Sports New England is a Massachusetts non-profit organization dedicated to increasing participation in sports among New England youth and adults who have visual or mobility impairments. Adaptive Sports New England collaborates with adaptive-specific and typical sports programs, adding value through their focus on raising awareness, increasing participation, and building capacity so that more youth and adults with visual or mobility disabilities can access sports closer to home.

Sports

Bashers Baseball
Malden, MA
Triangle, Inc's Special Olympics Baseball Team season is June-September. The team is open to interested participants over 18. Athletes do not need to live in Malden or attend Triangle programs. The team plays a game against the community towards the end of the season. Malden's Mayor Christenson is a superfan of the Bashers Team and is known to make appearances and take a turn with the first pitch! Information to register is posted to Triangle's social media page in May. Triangle Inc.'s Dawn Fucile is the head coach and can be contacted at dfucile@triangle-inc.org.

Chelmsford Baseball Patriot Division
Chelmsford, MA
https://www.chelmsfordyouthbaseball.org/
The Patriot Division is a baseball team open to participants with disabilities of all ages. The program is designed to abilities of players and focuses on having fun. The program welcomes participants from other cities and towns!

Community Rowing, Inc.
Brighton, MA
https://communityrowing.org/
Community Rowing, Inc. is the only public rowing organization on the Charles River! CRI invites individuals of all backgrounds, abilities and experience to grow through rowing. They offer rowing lessons, recreational rowing, and para rowing to support which supports and propels individuals with physical, sensory, and intellectual challenges. Classes are available for youth and adults.

Community Sports Program at The Children's Center for Community & Beverly School for the Deaf
Beverly, MA
https://cccbsd.org/community-programs/community-sports-programs/
The Community Sports Program at CCCBSD gives individuals with disabilities and their families a chance to play sports, socialize, be active, and have fun! CCCBSD is home to the first all-accessible baseball field on the North Shore. Seasonal sports offering includes soccer, basketball, and baseball.

Gnome Surf
Select Beaches in MA and RI
https://www.gnomesurf.com/
Gnome Surf offers surf therapy, art therapy, eco therapy and yoga therapy to children, adults, and families of all abilities including autism spectrum, down syndrome, and the LGBTQ youth. There are options to do a one-time session and multiple sessions.

Sports

Haverhill Stars
https://www.thearcofghn.org/services/specialolympicspartnership/
The Arc of Greater Haverhill-Newburyport partnered with Special Olympics and Haverhill Stars Program to add recreational and competitive sports to their programming with traditional and Unified offerings. Sports include basketball, alpine skiing, track and field, swimming, softball, flag football, and cheerleading.

Ironstone Farm
Andover, MA
https://ironstonefarm.org/
Ironstone Farm offers therapeutic horseback riding to youth and adults. Clients can sign up for therapeutic riding lessons year-round starting at age 6. In addition to the individual sessions, Ironstone offers weekly group lessons for schools and day programs for adults with disabilities.

Kids in Disability Sports, Inc. (K.I.D.S)
Lowell, MA
https://kidsinc.us/
K.I.D.S. programs provide individuals the opportunity to get involved, learn new skills, and develop long-term, meaningful relationships. The programs promote healthier lifestyles and encourage people to compete to the best of their individual abilities. Some of the many program offerings include baseball, basketball, floor hockey, golf, kickball, and more! While most of the programs take place in the Lowell Area, they are open to participants from other cities and towns!

Lovelane Special Needs Horseback Riding Program
Lincoln, MA
https://www.lovelane.org/
The program at Lovelane focuses on children with special needs (ages 2-20) to enhance their lives and the lives of their families by providing life-long benefits, primarily through innovative therapeutic horseback riding.

Miracle League of Massachusetts
Acton, MA
https://miracleleaguema.org/
Miracle League of Massachusetts Baseball league gives athletes of all abilities the opportunity to enjoy the game of baseball as part of a team in an organized league—at no cost! Miracle League of Massachusetts is dedicated to helping children/adults with physical, cognitive, emotional and behavioral disabilities develop and achieve their full potential: mentally, socially and physically. The league has hosts two sessions, one session for ages 5-22 and one session for 22+. The league is open to participants from any city/town!

Sports

Nashoba Valley Ski Area
Westford, MA
https://skinashoba.com/adaptive-lessons/
The Nashoba Valley Adaptive lesson program supports learners with intellectual, visual, and/or hearing impairments. The instructors are volunteers that are skilled in presenting snow sports safely and enthusiastically in an upbeat environment. Availability is limited for adaptive lessons; they are on a first come first served basis.

North Reading Challenger Baseball (Spring)
North Reading, MA
Challenger Baseball is an adaptive baseball program designed for individuals with physical and intellectual challenges, allowing them to participate in the sport alongside their peers. It's a part of Little League, but with modified rules and support to accommodate various abilities. Players can range in age from 4 to 22 (if still enrolled in school), and the program fosters inclusion, socialization, and self-esteem. The team takes 20-25 players per season, if they reach capacity, the coach will refer participants to surrounding towns. Contact Chris Hanson at chrishanson2925@gmail.com if you have questions and/or are interested in joining the team!

North Shore Rovers
Salem, MA
https://www.northshorerovers.com/
North Shore Rovers is a safe, friendly, and non-judgemental environment for kids with intellectual and physical disabilities ages 3-21 to play soccer and build relationships. The free program matches each player one-to-one with a student volunteer for the entire season. Players and volunteers are welcome to participate from cities and towns outside of the North Shore Area.

Piers Park Sailing Center
East Boston, MA
https://piersparksailing.org/
Piers Park Sailing Center hosts adaptive and inclusive programs throughout its seasonal months through partnerships. They have equipment that is adapted for all levels of mobility.

Reading Special Skates
North Reading, MA
https://readingma.myrec.com/
Special Skates is a learn-to-skate program for children and adults with disabilities offered in the winter. Skaters are supported by a buddy to provide a safe and fun experience.

Sports

Sharper Edge Skating School Adaptive Program
Concord, MA
https://www.sharperedgeskating.com/adaptive-program
The Adaptive Program was created to teach skating skills to people of all ages with special needs in a fun learning atmosphere. With 1 to 1 individualized support, skaters learn basic skating skills while gaining confidence and trust through the use of special games, toys, and activities. Prior skating experience is not needed to participate in the Adaptive Program.

Spaulding Adaptive Sports North Shore
Salem, MA
https://sasc.spauldingrehab.org/
Spaulding Adaptive Sports Centers (SASC) are open to all individuals in the community who are living with disabilities. Children and adults participate in a variety of sports and recreation events alongside adaptive sports professionals and Spaulding therapists. This provides the perfect environment to try new sports or get back to one you have always enjoyed. The North Shore Center offers the following sports: Cycling, Kayaking/Paddleboarding, Pickleball/Basketball, Seaside Morning Yoga, Archery, and Golf. Spaulding also offers Adventure Travel programs at certain times of year.

Special Olympics of Massachusetts
Statewide
https://www.specialolympicsma.org/
Special Olympics Massachusetts provides seasonal Unified and Traditional sports training and competition with a range of Olympic-type sports for all children and adults with intellectual disabilities. Sports offered each season Special Olympics programs give athletes of all ages opportunities to develop physical fitness, community programs, and build friendships!

Surfing with Smiles
Hampton, NH
https://surfingwithsmiles.com/
Surfing With Smiles gives individuals with intellectual, physical, sensory, and mental disabilities the chance to learn to surf for free! The non-profit hosts a few surf day events each summer with registration that fills up fast!

Wachusett Mountain
Princeton, MA
https://www.wachusett.com/lessons-rentals/lessons/adaptive-lessons/
The Wachusett Mountain Adaptive Program uses up-to-date techniques and equipment to create a lesson environment which helps individuals build confidence and self-esteem while promoting independence and personal growth to help support people of all ages and abilities enjoy winter snow sports. Staff are trained to support participants with physical, cognitive, hearing, visually impaired and developmental disabilities.

Sports

Wakefield Challenger Baseball
Wakefield, MA
https://clubs.bluesombrero.com/wakefieldll
Challenger Baseball is an adaptive baseball program designed for individuals with physical and intellectual disabilities, allowing them to participate in the sport alongside their peers. The challenger league is a division of Little League, but with modified rules and support to accommodate various abilities. Players can range in age from 4 to 22 (if still enrolled in school).

Waves of Impact
Gloucester, MA
https://www.wavesofimpact.com/surf-camps-massachusetts
Waves of Impact hosts an annual event that provides individuals facing exceptional challenges with the opportunity to experience the exhilaration of riding waves, while also focusing on building and rebuilding confidence in those who need it most.

Waypoint Adventure
https://ma.waypointadventure.org/
Waypoint Adventure challenges people with disabilities to discover their purpose, talents, and strengths through the transformative power of adventure with fully accessible recreational programs and activities (e.g. kayaking, hiking, rock climbing, etc.). There are program opportunities for participants who want to enroll in one event or a series of events. Waypoint Adventure also offers group or educational programs for agencies and schools. Their educational programs offer a series of fully accessible, goal-focused programs custom designed for special education classrooms. Educational programs use engaging, experiential strategies and adventure to provide opportunities for positive social and character development. Set up a single program "field trip" or a longer-term curriculum enhancement through a program series.

Weston Ski Track (Cross-Country Skiing)
Weston, MA
https://www.skiboston.com/accessibility
Weston Ski Track provides recreational opportunities to individuals of all abilities by offering rentals and instruction for participants with physical, behavioral, and intellectual disabilities. They also offer sit-skis and kicksleds at no extra charge to users. During the season, the Department of Conservation and Recreation Universal Access Program will partner with Waypoint Adventure to host events at Weston Ski Track.

Winchester Pop Warner Cheer
Winchester, MA
https://winchestercheer.com/
Winchester Pop Warner's Adaptive Team brings the Pop Warner experience to individuals of all abilities. The team is open to individuals ages 5-18 that live within a 15-mile radius of Winchester. The team typically practices one time weekly, cheers at 4 league football games, and performances at the league cheer competition!

Sports

Windrush Farm Equestrian
North Andover, MA
https://www.windrushfarm.org/
Windrush Farm provides quality Equine-assisted Services for children and adults facing physical, cognitive and emotional challenges. Services include therapeutic riding, unmounted programs and other horse-related activities. Founded in 1964, Windrush is one of the oldest, leading and largest therapeutic riding centers in the United States. Windrush also offers recreational riding lessons on well-trained horses, and a wide range of volunteer opportunities.

Woburn Challenger Baseball
Woburn, MA
https://www.woburnlittleleague.com/
Woburn Challenger Baseball is a co-ed baseball league that provides children and adults living with disabilities the opportunity to learn and play the game of baseball in a fun, non-competitive environment.

***Items marked with an asterisk are places that are not specifically advertised as adaptive for people with autism or an intellectual disability, but that the Community Resource Center has identified as welcoming places.**