Physical activity and leisure offers many benefits to your wellbeing:

- Improved health, decreased obesity and lower risk of health problems (such as heart disease, breathing problems, diabetes, some cancers, liver disease, and early death)
- Improved strength and stronger bones, fewer joint problems and pain
- Improved mental health and better sleep
- Improved thinking and learning
- Improved social skills and builds relationships with peers
- Improved growth and development
- Improved independence, fewer medical and equipment needs

We define inclusivity as the practice of participants of all abilities engaging in recreation together.

Guide to Program Types

☑️ This program has been evaluated with a validated Inclusivity Assessment Tool and found to meet general criteria for inclusivity including,
   1. Inclusive mission;
   2. Staff training for inclusivity;
   3. Ongoing inclusivity plans;
   4. Inclusion point of contact;
   5. Available activity modification
   and/or
   • Partnered with a recognized inclusivity focused organization such as Rochester Accessible Adventures

☑️ This program appears to be inclusive based on review of program information but has NOT been formally evaluated with the Inclusivity Assessment Tool.

☐ This program offers recreation specifically designed for people with disability.
Recreation

Abilities Movement
Dance in Cleveland, Classes, Power Wheelchair Soccer, and Mighty Dunks basketball. All ages.
144 Fairport Village Landing # 332
Fairport, NY 14450
(585) 690-4408 (call or text)
abilitiesmovement.com

AbilYoga
Yoga, meditation, and mindfulness tailored to individual needs across all ability levels. All ages.
Rochester, NY
585-314-2450
abilYoga.com

Adventures in Movement and Sensory (AIMS)
Indoor play space with ball pits, zip lines, slides, tunnels, “easy goosy,” room, and Sensory toys. All ages.
6548 Anthony Drive, Suite B
Victor, NY 14564
(585) 924-2467
myamascenter.com

Autism Up
Family Support, Personal Training, and Fitness Classes, Social Skills, Minicamp, Cooking and Baking, Bowling, Basketball, Soccer, Readiness, Community Readiness, Arts and Music, and Constructional Support and Guidance. Navigating a variety of activities in our Sensory Gym. All ages.
50 Science Parkway
Greece, NY 14612
585-248-9011
autismup.org

Building Families First
Great Centered Autism Support Group
Acting, Cooking, Personal Fitness, Creative, Arts, African Drum Class. All ages.
111 N. Chestnut St
Rochester, NY 14604
(585) 802-2495
buildingfamiliesfirst.info

CDS Monarch
Community Recreation
Recreation requires Fitness Center, pool, skate and opportunity recreation activities. Ages 5-11.
860 Hard Rd
Webster, NY 14580
585-341-4600
cdss@transitions.org/cds_monarch

Challenger Miracle Field of Greater Rochester
Baseball/Football, Bowling, Soccer, Flag Football, Ages 5-11.
1000 Ridge Rd
Webster, NY 14580
(585) 737-7499
rochestermiraclefield.org

City Wide Golf
Put-putt and individualized golf instruction by PGA professional Gary Tator. All ages.
Salamon Creek Country Club
235 Washington St
Rochester, NY 14605
585-233-8693
citywidemgolf.com

Community Place of Greater Rochester
The Sky is the Limit Program offers structured recreation. Ages 5-12.
7 Central Park
Rochester, NY 14605
585.327.0200 x145
communityplace.org/programs/disability-services/

CP Rochester
Provides therapeutic swimming, fitness, fine arts. Ages 5-12.
3399 Winton Road South
Rochester, NY 14623
(585) 334-9500 x2281
cp Rochester.org/recreation.asp

Equecenter
Equestrian programs, ages 3+. 3247 Rush Mendon Road
Honeoye Falls, NY 14442
585-824-7772
equecenter.com

Erie Canal Boat Company
Paddling cycling. All ages.
7 L.P. Bridge Lane
Fairport, NY 14450
585-742-0140 x5045
eriecanalboatcompany.com

GIg’s Playhouse
Free therapeutic and educational programming. All ages.
372 North Goodman St
Rochester, NY 14621
585-563-7487
gilspadeplayhouse.org/rochester/

Gliding Stars
Ice skating. Ages 18 months-
Webster Ice Arena
Webster, NY 14580
(716) 608-8345
glidingstars.org/gliding-stars-of-rochester-ny/

Gymnastics
Friends and Fun group
Social group, mini golf league, Ages 14+.
Greece Parks and Recreation
1 Vine Tofany Blvd
Greece, NY 14621
(585) 225-2000
regym@Roch

R/Community Bike
Pedaling inclusive individuals with disabilities. Mon-Sat 9am-5pm.
226 Hudson Ave
Rochester, NY 14607
585-941-2185
rcommunitybike.org

Rochester Accessible Adventures
Trains recreation businesses in Greater ROC, FLX & WNY regions to operate inclusively (follow-up list on website). Also supports adaptive & inclusive sports, eg. wheel chair basketball, sled hockey. All ages.
2165 Brighton Henrietta Town Line Rd
Rochester, NY 14623
585-447-4011
rochester accessibleadventures.org

Rochester Rookees
Therapuetic Westpoint swimming, weight lifting, archery, table tennis. Ages 5-12.
321 New Campus Drive
Brockport, NY 14420
585-329-7484
crcs rookerrookees.org

RocVenture Climbing
Rock climbing. All ages.
1044 University Ave
Rochester, NY 14607
585-442-5452
rocvventure.com climbing

Special Olympics of New York
1 Grove St. Suite 218
Rochester, NY 14654
585-562-7400
specialolympicsnys.org

SportsNet
Cycling, skateboarding, swimming, ski climbing, gymnastics, fitness, aging. Ages 6 months-
3399 South Winton Road
Rochester, NY 14623
585-334-6000 ext1120
sportstimeny.org/express

Strike Back Martial Arts
Programs for kids (8-12) and teens (12+), who are on the Autism Spectrum and Fitness programs for kids (8-12) and two (2) who have Down Syndrome. All classes are open to the general public. All ages.
55 East Main St
Webster, NY 14580
585-238-1083
strikebackmartialarts.com

TIES - Together Including Every Student (Starbase)
In 30 school districts in Western and Finger Lakes regions of NY. Partner with peer volunteer for participation in organized recreation or extracurricular school activities. Ages 8-21.
Starbase, 1650 South Avenue, Suite 200
Rochester, NY 14620
(585) 548-1700
www.starbodgen.org/ties-program

The Gymnastics Training Center of Rochester Inc.
2051 Fairport Nine Mile Point Road
Penfield, NY 14526
(585) 388-8686
glc@rochester.com

The Pieters Family Life Center
125 Common Way
Rochester, NY 14623
585-467-9205
pietersfamilylifecenter.org

TISoccer
Soccer. Ages 5-12.
All Star Sports Arena
557 Ridge Rd
Rochester, NY 14621
(585) 957-2494
tisoccer.com/.asp?n=161054&org=AWIS1550SCCER.COM

Victor Parks and Rec
Large variety of programs for seasonal recreation and leisure for both Victor residents and non.
Check out your local Parks and Rec Center for additional programs.
All ages.
85 E S St
Victor, NY 14564
585-782-6140 x5045
victory.org

YMCA-General
Youth leadership programs for youth and adult sports, gym, personal training group exercise, arts and dance, yoga. Ages 8+.
444 East Main Street
Rochester, NY 14604
(585) 548-5000
rochesterymca.org

For more information on obtaining an access pass for free or discounted use of state parks, historic sites, and recreational facilities, contact 518-474-2354 during normal business hours or email access-pass@parks.ny.gov. Please note these facilities may not be considered accessible for all.

We recommend contacting organizations directly to confirm program availability during the COVID-19 pandemic.

Dance/Theater/Music/Art

Artists Unlimited
Theater, Voice. All ages.
PO Box 27666
Rochester, NY 14626
585-219-5188
rochesterunlimited.com
(585) 383-1999
spectrumofreartworks.org

Ashford Dance Company
Dance. Ages 1+. 
376 North Goodman Street
Rochester, NY 14607
585-412-3673
ashford ballet.com

Hochstein School of Music & Dance
Music. All ages.
50 Plymouth Ave
Rochester, NY 14614
(585) 824-4978
jennifer.phillip@hochsteinschoo1.org
expressionarts.org

Music Education Centers
Piano Works Mail
345 West Commercial St. Suite 100
East Rochester, NY 14445
(585) 383-7269
musiccenters.edu

Parks/Playgrounds

Autism Nature Trail
An experience in nature, designed specifically for visitors with ASD and their families.
3 Letchworth State Park
Castile, NY 14427
585-401-8066
autismnaturetrail.com

Camp Eastman
Accessible playground and water spray park.
1031 Lake Shore Blvd
Irondequoit, NY 14617
585-339-6070
rmevents.nature-departments-2/parks-and-recreation/facilities

Egypt Park
Egypt Park offers some adaptive equipment and signage. Near by nature trails.
99 Victor Rd
Fairport, NY 14460
(585) 229-5050
perinton.org/Departments/Parks/buildings/egpytpk

The Karpus Family Playground
Accessible playground.

585-334-4600
cdss@transitions.org/cds_monarch
For more information on obtaining an access pass for free or discounted use of state parks, historic sites, and recreational facilities, contact 518-474-2354 during normal business hours or email access-pass@parks.ny.gov. Please note these facilities may not be considered accessible for all.