

A HANDBOOK OF PROGRAM DESCRIPTIONS  
AND CONTACT INFORMATION

# RECREATION RESOURCE GUIDE

---

Offered by the Human Development Institute  
at the University of Kentucky





Recreation refreshes, revitalizes and improves a person's quality of life. It is also many different things to different people. Alice may enjoy knitting an afghan on her front porch while Josh would much rather be hiking with a group of his friends. While what you want to do for recreation may be very different than someone else's idea of fun, you can be creative when tapping into recreation resources in your community. Here's an example:

Consider some recreation activity you may have an interest in. Suppose you are interested in gardening - but have never tried it. Great! Let's take a look at how you can learn about it, do it, and how to get connected to your community in ways you may have never imagined. We are using gardening here as an example, but remember it could have been anything from bike racing to computer programming. So you want to try gardening. Let's pretend you know very little about gardening. The first thing would be to ask your friends, family and people you know for some suggestions. To get more information about gardening you begin to use your local library as a real resource - checking out books about gardening. While you are at the library, you notice the community events bulletin board and see that there are many events and organizations doing things in your community that you would like to know more about. For that matter, look at your newspaper's community events calendar.

Recreation does not need to be complicated.

- Step out your own front door and be a part of and contribute to your own community!
- If you have questions about how to become more involved, call Lindsey Catherine Mullis at (859) 218-4064.

On the following pages, we have a list of some recreation resources around Kentucky. As these resources evolve and grow over time, we will update this manual. Don't limit your ideas of recreation by what you find here, the possibilities are endless.

If you have any questions or suggestions about this information, please contact [wellness4ky@uky.edu](mailto:wellness4ky@uky.edu).



# CONTENTS

Parks and Recreation . . . . .	7
Competitive Sports . . . . .	8
General Sports . . . . .	9
Arts . . . . .	12
Aquatic Sports. . . . .	13
Baseball. . . . .	14
Basketball . . . . .	15
Billiards . . . . .	16
Bowling . . . . .	16
Camps. . . . .	17
Clubs . . . . .	18
Equestrians . . . . .	20
Fencing . . . . .	22
Fitness . . . . .	22
Football . . . . .	23
Golf . . . . .	23
Hand-Cycling . . . . .	23
Hockey . . . . .	24
Martial Arts . . . . .	24
Rock Climbing. . . . .	25
Rugby . . . . .	25
Soccer . . . . .	26
Tennis . . . . .	26
Winter Sports . . . . .	27
Traveling to a National or State Park. . . . .	27
General Resources . . . . .	29

# RECREATION CENTERS

## NATIONAL AND STATEWIDE



### YMCA

The YMCAs of Kentucky offer accessible locations and membership plans for all people. Depending on the location, numerous YMCAs have water aerobics course that are given within an indoor pool that is equipped with a lift for those who have physical disabilities.

Visit [www.ymca.net](http://www.ymca.net)

## CENTRAL KENTUCKY



### Multiple Sclerosis Program at Beaumont Center and High Street YMCA

The YMCA at Beaumont Center offers a wide range of activities. A multiple sclerosis aqua class meets on Tuesdays and Thursdays at 12:00 pm (noon) and is \$30 a month. A multiple sclerosis land (cardio) class begins every 12 weeks and meets on Mondays and Wednesdays from 4:00 pm until 5:00 pm, and is free for YMCA members or \$50 for nonmembers. They also offer a multiple sclerosis yoga class on Tuesdays from 6:00 pm until 7:00 pm and is free for all participants.

Call (859) 219-0530

The YMCA on High Street offers a multiple sclerosis exercise class that includes cardio, strength training, and occasionally chair yoga beginning every 12 weeks and meets on Tuesdays and Thursdays from 1:30 pm until 2:30 pm, and is free for YMCA members or \$50 for nonmembers.

Contact Debbie Dean at (859) 254-9622, or by email at [ddean@ymcaofcentralky.org](mailto:ddean@ymcaofcentralky.org)

## LOUISVILLE



### Community Fitness and Wellness Facility at Frazier Rehab Institute (Kentucky One Health)

The Community Fitness and Wellness Facility provides individuals the opportunity to be 'fit for life'. This activity-based exercise program is designed specifically for individuals with physical disabilities to improve cardiovascular/aerobic fitness, muscular strengthening and flexibility. Frazier Rehab's Community Fitness Facility is fully accessible with state of the art equipment and professional staff trained to provide specialized activity based

exercise interventions. This facility has a variety of specialized equipment including STEM bikes, Therastride Locomotor Training Treadmill, Functional Electrical Stimulation Cycles for upper and lower extremities, Power Plate Pro 6, Dual Cable Cross Strength Training Machines, VitaGlide Pros, Nu-Step Recumbent Stepper with bilateral leg stabilizers, SCI Fit Upper Extremity Bike, Versatrainer, Easystand Standing Frame and Tilt Table, as well as hi-lo mats, stability balls, kettle bells, and other exercise equipment.

Call (502) 582-7400

Visit [www.kentuckyonehealth.org/community-fitness-wellness-facility](http://www.kentuckyonehealth.org/community-fitness-wellness-facility)

## WESTERN KENTUCKY



### **The Buddy House**

The Buddy House is an education and activity center that seeks to enhance the quality of life for individuals with Down syndrome and their families by providing support, information, education, resources, networking, and activities, while advocating in the community and state. They offer a wide variety of activities and classes including cooking, yoga, free fitness classes, art, nutrition and health, and music movement.

Visit [http://www.dssky.org/?page\\_id=178](http://www.dssky.org/?page_id=178)

## PARKS AND RECREATION

### CENTRAL KENTUCKY



### **Lexington Parks and Recreation**

Lexington Parks and Recreation offers wheelchair tennis, adult fitness programs, therapeutic day camps, cooking for the holiday's programs, bowling, dances, adapted aquatics, and therapeutic horsemanship for youth and adults with disabilities. Lexington Parks and Recreation also has a number of accessible golf carts located at local Lexington golf courses. It is recommended that you call ahead to reserve

Contact Anessa Snowden at (859) 288-2928

Contact Brent Claiborne at (859) 288-2908 or by email at [BClaiborne@LexingtonKY.gov](mailto:BClaiborne@LexingtonKY.gov)

Visit <http://www.lexingtonky.gov/index.aspx?page=252>

## LOUISVILLE



### **Louisville Metro Parks and Recreation**

Louisville's Metro Parks and Recreation offers adapted leisure for adults 18 and older. Leisure activities include aqua exercise, aqua chi, bowling, shopping, dances, night games, beep baseball, and fitness for everyone.

Call [\(502\) 456-8148](tel:5024568148)

Visit [louisvilleky.gov/government/parks/adapted-leisure-activities](http://louisvilleky.gov/government/parks/adapted-leisure-activities)

## WESTERN KENTUCKY



### **Bowling Green Parks and Recreation**

Bowling Green Parks and Recreation offers Area 5 Special Olympics including singles and unified (partner) bowling, softball, flag football, cheerleading, basketball, track and field, swimming, and soccer; programs for seniors; and the Bowling Green Adult Athletic Club for anyone with a mental disability.

Contact Holly Vincent at [\(270\) 393-3480](tel:2703933480), or by email at [holly.vincent@bgky.org](mailto:holly.vincent@bgky.org)

Visit <http://www.bgky.org/bgpr/>

## COMPETITIVE SPORTS

### NATIONAL AND STATEWIDE



### **Special Olympics – Unified Sports**

The Special Olympics Unified Sports is dedicated to promoting social inclusion through shared sports training and competitive experiences. Unified sports joins people with and without intellectual disabilities. Training together and playing together is a quick path to friendship and understanding.

Visit <http://www.specialolympics.org/unified-sports.aspx>





## US Paralympics

Based in Colorado Springs, Colorado, U.S. Paralympics, a division of the nonprofit United States Olympic Committee, is dedicated to becoming the world leader in the Paralympic Movement and promoting excellence in the lives of people with Paralympic-eligible impairments, including physical disabilities and visual impairments.

Visit [www.teamusa.org/US-Paralympics](http://www.teamusa.org/US-Paralympics)

## CENTRAL KENTUCKY



### Paralympics Sports Club – Central Kentucky

US Paralympics partnered with Independence Place to establish the Paralympics Sports Club. Through this sports club children and adults have the opportunity to compete in the Paralympics.

Call (859) 266-2807 or [dave@ipky.org](mailto:dave@ipky.org)

## GENERAL SPORTS

### NATIONAL AND STATEWIDE



### Adaptive Adventures

Adaptive Adventures provides progressive outdoor sports opportunities to improve quality of life for children, adults and veterans with physical disabilities and their families.

Visit [www.edaptive.org](http://www.edaptive.org)



### Disabled Sports USA

Disabled Sports USA provides adaptive sports opportunities for people with disabilities to develop independence, confidence, and fitness through sports.

Visit <http://www.disabledsportsusa.org>



### **United States Association of Blind Athletes**

USABA is a Colorado-based 501(c) (3) organization that provides life-enriching sports opportunities for every individual with a visual impairment. A member of the U.S. Olympic Committee, USABA provides athletic opportunities in various sports including, but not limited to track and field, nordic and alpine skiing, biathlon, judo, wrestling, swimming, tandem cycling, powerlifting and goalball (a team sport for the blind and visually impaired).

Visit [usaba.org](http://usaba.org)



### **Upward Sports**

Upward Sports offers basketball, cheerleading, soccer, flag football, and camping opportunities for all youth. Programs are offered to children in K-6th grade for a nominal fee.

Visit [www.upward.org](http://www.upward.org)



### **Wheelchair and Ambulatory Sports, USA**

The mission of Wheelchair and Ambulatory Sports, USA is to provide multi-sport and recreation opportunities for individuals by facilitating, advocating, and developing a national community-based outreach program, providing resources and education, conducting regional and national competitions, and providing access to international competitions in conjunction with the International Wheelchair & Amputee Sports Federation.

Visit [www.wasusa.org](http://www.wasusa.org)



### **Challenged Athletes Foundation**

It is the mission of the Challenged Athletes Foundation to provide opportunities and support to people with physical challenges so they can pursue active lifestyles through physical fitness and competitive athletics. The Challenged Athletes Foundation believes that involvement in sports at any level increases self-esteem, encourages independence and enhances quality of life. They also offer grants for individuals to help meet their athletic goals.

Visit [www.challengedathletes.org](http://www.challengedathletes.org)

Find information about the grant [http://www.challengedathletes.org/site/c.4nJHJQPqEiKUE/b.8325463/k.AF50/Grant\\_Application.htm](http://www.challengedathletes.org/site/c.4nJHJQPqEiKUE/b.8325463/k.AF50/Grant_Application.htm)



### **Northeast Passage**

Located near Boston, Massachusetts, Northeast Passage empowers individuals with disabilities to define, pursue, and achieve their therapeutic recreation and adaptive sports goals.

Visit [nepassage.org](http://nepassage.org)



### **World T.E.A.M. Sports**

World T.E.A.M. Sports has organized athletic events for all citizens, including mountain climbing, white water rafting, bicycling, and more.

Visit [worldteamsports.org](http://worldteamsports.org)



### **No Barriers USA**

No Barriers USA provides programming for both youth and adults. Through a variety of experiences No Barriers USA strives to foster curious, brave, and collaborative explorers that are determined to overcome the obstacles.

Visit [www.nobarriersusa.org](http://www.nobarriersusa.org)



### **Kentucky Association of the Deaf-Blind (KADB) Annual Retreat**

Initiated in 1996, KADB's Retreat is held in April each year. It is open to adults who are deaf-blind. If younger than 18, the consumer must be accompanied by a legal guardian. The Lexington Lion's Club pays for registration costs for deaf-blind consumers and a friend or family member. There is an educational component with a keynote presenter which varies from year to year as to the topic. Social activities include dances, nature walks, crafts, group games and excellent food.

Contact the Office of Vocational Rehabilitation (270) 746-7489

Visit <http://www.kydeafblind.org/events/>



### **Miss Wheelchair Kentucky**

The mission of the Ms. Wheelchair America Program Inc. is to provide an opportunity for women of achievement who utilize wheelchairs to successfully educate and advocate for individuals with disabilities.

Visit [www.mswheelchairky.org](http://www.mswheelchairky.org)

## NORTHERN KENTUCKY



### **Friends for Michael, Inc.**

This organization is a non-profit, volunteer organization that raises funds primarily for spinal cord injury research, grants for victims and their families, spinal cord injury prevention/awareness education and scholarships for locally active high school graduates. They are also one of three founders of the NEW Spinal Cord Injury Association of Kentucky. This organization often offers events where volunteers and participants are needed.

Visit [www.friendsformichael.org](http://www.friendsformichael.org)

## CENTRAL KENTUCKY



### **Independence Place Adaptive Recreation**

Independence Place has an adaptive recreation program that offers a variety of Paralympic sports teams including goalball, beep baseball, track and field, and swimming. They also offer special events and activities twice a month.

Contact Willis Deitz at (859) 266-1547, or by email at [willis@ipky.org](mailto:willis@ipky.org)

Visit <http://www.independenceplaceky.org>

## ARTS

### NATIONAL AND STATEWIDE



### **VSA Arts of Kentucky**

VSA arts of Kentucky is a statewide, nonprofit organization dedicated to promoting arts, education and creative expression for all, especially those with disabilities. VSA arts offers a variety of educational, community, and professional development programs.

Visit [www.vsartsky.org](http://www.vsartsky.org)

## CENTRAL KENTUCKY



### **Latitude Artist Community**

Latitude Artist Community serves all people, with an emphasis on creating a framework which encourages us to recognize our own life's narrative, and to then choose ways in which we may contribute to the well-being of our community. Services of Latitude include individual art studio workshops and professional development, movement and yoga workshops, community participation/contribution, personal advocacy supports.

Contact Mollie Rabiner at [\(859\) 554-6003](tel:(859)554-6003)

Visit [www.latitude-arts.com](http://www.latitude-arts.com)

## AQUATIC SPORTS

### NATIONAL AND STATEWIDE



### **Kayaking Team River Runners (TRR)**

Team River Runner is primarily a volunteer non-profit organization. TRR was initially established to help active duty military personnel wounded in Iraq and Afghanistan recovering at Walter Reed Army Medical Center, however now it is available to anyone! TRR uses a step-by-step approach in which paddlers begin learning to control a whitewater kayak in a pool and then move to quiet water, and where available, open river where they gain additional experience and skills. Once participants have mastered the basics, they are then able to go on TRR organized trips to more progressively challenging venues. TRR provides all boats, outfitting, safety gear, instruction, transportation, food, and lodging for the participants and the volunteers.

Visit [www.teamriverrunner.org](http://www.teamriverrunner.org)

Contact Wendy Scroggins at [wendy.scroggins@teamriverrunner.org](mailto:wendy.scroggins@teamriverrunner.org)

## CENTRAL KENTUCKY



### **Canoe KY**

Canoe KY offers a variety of adaptive canoeing equipment for individuals with a wide range of disabilities.

Contact Nathan Deprenbrock at [\(502\) 227-4492](tel:(502)227-4492), or by email at [nathan@canoeky.com](mailto:nathan@canoeky.com)

## LOUISVILLE



### **Louisville Adaptive Rowing with the Louisville Rowing Club of the Greater Louisville Rowing Foundation (LAR)**

The Louisville Rowing Club offers an adaptive rowing program for people interested in the water sport of rowing. To participate, individuals must be able to learn about safety on and around the water.

Contact Randy Mills at (502) 419-0033, or by email [randy.mills0033@yahoo.com](mailto:randy.mills0033@yahoo.com)

Visit [www.louisvillerowingclub.org/adaptive.html](http://www.louisvillerowingclub.org/adaptive.html)

## WESTERN KENTUCKY



### **handiCAPABLE Guide Services, Inc.**

handiCAPABLE Guide Services, Inc. is a nonprofit, public charity corporation that provides the experience of boating, fishing, and other outdoor recreation opportunities for developmentally delayed and physically challenged youth and adults in Kentucky and surrounding states.

Call (270) 362-0970

Visit <http://www.handicapable.net>

## BASEBALL

### **NATIONAL AND STATEWIDE**

#### **Challenger League Baseball**

Challenger League offers baseball for all youth, ages 5-18.

Contact Sam Ranck at (570) 326-1921, or by email at [challenger@littleleague.org](mailto:challenger@littleleague.org)

Visit [www.littleleague.org/learn/about/divisions/challenger.htm](http://www.littleleague.org/learn/about/divisions/challenger.htm)



## CENTRAL KENTUCKY



### **Toyota Bluegrass Miracle League**

Toyota Bluegrass Miracle League is a baseball program offered to youth 4-19 years of age and is open to all youth with disabilities. A new accessible field has been constructed at Shillito Park in Lexington.

Contact Mike Massoglia at [mmassoglia@ymcaky.org](mailto:mmassoglia@ymcaky.org)

Visit [www.ymcacky.org/main/toyota-bluegrass-miracle-league](http://www.ymcacky.org/main/toyota-bluegrass-miracle-league)

## BASKETBALL

### NATIONAL AND STATEWIDE



### **National Wheelchair Basketball Association**

The National Wheelchair Basketball Association (NWBA) is comprised of over 200 basketball teams across twenty-two conferences and seven divisions. The NWBA was founded in 1948, and today consists of men's, women's, intercollegiate, and youth teams throughout the United States of America and Canada.

Visit [www.nwba.org](http://www.nwba.org)

## CENTRAL KENTUCKY



### **Hill on Wheels Basketball**

Easter Seals Cardinal Hill supports a recreational and competitive wheelchair basketball program for adults and juniors with mobility impairments.

Contact Cindy Jacobelli at (859) 254-5701, or by email at [cindy.jacobelli@cardinalhill.org](mailto:cindy.jacobelli@cardinalhill.org)

Visit [cardinalhill.org](http://cardinalhill.org)

# BILLIARDS

## NATIONAL AND STATEWIDE



### **National Wheelchair Pool Players Association**

The NWPA is the Sanctioning Body of All Organized Wheelchair Billiards. Today the NWPA has members worldwide. Holding 8-10 sanctioned tournaments throughout the U.S. with a National event once a year somewhere in an accessible poolroom that has submitted their out lined program along with proof of their financial qualifications set by the NWPA by-laws and voted upon by their BOD.

Visit [www.nwpainc.org](http://www.nwpainc.org)

# BOWLING

## NATIONAL AND STATEWIDE



### **American Wheelchair Bowling Association**

The AWBA is a non-profit organization dedicated to growth, encouragement, promotion and regulation of the sport of wheelchair bowling throughout the world. The AWBA will provide, through its tournament events and web site access, a competitive, challenging, and informative environment for those individuals with disabilities requiring the use of a wheelchair while bowling to participate in bowling events no matter their individual skill level.

Visit [www.awba.org](http://www.awba.org)

## CENTRAL KENTUCKY

### **Collins Bowling Center**

Collins Bowling Center located on Southland Drive in Lexington has a variety of adaptive bowling equipment.

Call (859) 277-5746





# CAMPS

## NATIONWIDE



### **Camp PALS**

The PALS Programs provides a place for young adults with Down syndrome and their peers to have fun, grow as individuals, and build transformative friendships at camps found in different locations across the country.

Visit <http://www.palsprograms.org>

## NORTHERN KENTUCKY



### **Redwood Rehabilitation Center Summer Program for Children**

In the summer, Redwood offers a variety of camps, including a technology camp. Redwood's Summer Program for Children provides the level of supervision and assistance each needed for active involvement in camp activities.

Contact Katrina Proud at [kproud@redwoodnky.org](mailto:kproud@redwoodnky.org) or Lisa Staub at [lstaub@redwoodnky.org](mailto:lstaub@redwoodnky.org)

Visit [www.redwoodnky.org/index.cfm?fuseaction=cms.page&id=1095](http://www.redwoodnky.org/index.cfm?fuseaction=cms.page&id=1095)

## CENTRAL KENTUCKY



### **Camp Calvary Adventure Camp**

Camp Calvary offers an Adventure Camp to provide an opportunity in a Christian atmosphere for individuals of all ages with a physical or intellectual disability.

Call (859) 375-4376

Visit [www.kycampcalvary.com](http://www.kycampcalvary.com)

## WESTERN KENTUCKY



### **Camp Happy Days**

Bowling Green Parks and Recreation hosts a free summer camp for individuals with intellectual and developmental disabilities in June and July each year. The camp takes place at the Kummer Recreation Center. Activities include various recreational activities, field trips, art, and life skills training.

Contact Holly Vincent at (270) 393-3480, or by email at [holl.vincent@bgky.org](mailto:holl.vincent@bgky.org)



### **The Center for Courageous Kids**

The Center for Courageous Kids offers nine separate week-long summer camps for children with disabilities and/or serious illnesses, for free! Children can participate in fishing, swimming, dancing, and horseback riding. The center also offers family retreat weekends to provide respite, recreation, and support for families who have a child with a chronic or life-threatening illness.

Call (270) 618-2900

Visit <http://www.thecenterforcourageouskids.org>

## CLUBS

### NATIONAL AND STATEWIDE

#### **Boy Scouts**

The Boy Scouts Association in Kentucky encourages boys of all ages and abilities to join their troops. Over 100,000 scouts all around the nation have disabilities. Inclusion of Scouts with disabilities and special needs takes place across all Scout activities, including Cub Scout packs, Boy Scout troops, Varsity Scout teams, Venturing crews, and Sea Scout ships.

Visit [www.scouting.org](http://www.scouting.org)



### **Girl Scouts**

Girl Scouting is for every girl everywhere. Most girls join a local troop or group for fun and friendship, but they also find out about building character and self-esteem and serving their communities—the core qualities of Girl Scouting. In Girl Scouts, girls find a safe place to grow and share new experiences, learn to relate to others, develop values, and contribute to society. By working with experts, making adaptations, and most importantly, keeping an open mind, you can encourage girls with disabilities to scale new heights.

Visit [www.girlscouts.org](http://www.girlscouts.org)



### **Kentucky Wheelchair Athletics Association**

The Kentucky Wheelchair Athletics Association (KWAA) is an independent, not-for-profit organization supporting sports and recreation opportunities for individuals with disabilities. The Kentucky Wheelchair Athletics Association offers an array of competitive and non-competitive athletic and recreational activities to meet the diverse interests and activities of its members.

Contact Jill Farmer at (502) 582-7618, or by email at [teresafarmer@kentuckyonehealth.org](mailto:teresafarmer@kentuckyonehealth.org)



### **National Wheelcats**

National Wheelcats exists to educate, encourage, and inspire individuals with disabilities through actively participating in sports to become more independent and productive, as well as strengthen their physical abilities and emotional well-being.

Visit [www.nationalwheelcats.org](http://www.nationalwheelcats.org)

# EQUESTRIANS

## NATIONAL AND STATEWIDE



### **US Driving for the Disabled**

US Driving for the Disabled promotes the activity of driving horses for people with disabilities. Driving is one of the few sports in which drivers with and without disabilities can compete together on equal footing. A variety of horse carriages are available to enable people with all different kinds of abilities to learn the art of carriage driving. The USDFD sponsors Team USA to compete in the World Championships for Disabled Drivers.

Visit [www.usdfd.org](http://www.usdfd.org)

## NORTHERN KENTUCKY



### **Milestones Equestrian Achievement Program**

Milestones Equestrian Achievement Program is a non-profit therapeutic horseback riding program for individuals with disabilities. The program strives to assist each rider to become an innovative and productive member of the community by building independence, self-confidence, and social skills in a fun, loving environment. The benefits, physical, cognitive, and psychological, are unique to horseback riding. Therapeutic horseback riding is an invaluable supplement to traditional therapies.

Call (859) 694-7669

Visit [milestonesinc.org](http://milestonesinc.org)

## CENTRAL KENTUCKY



### **Central Kentucky Riding for Hope**

Central Kentucky Riding for Hope dedicates itself to enriching the community by improving the quality of life and the health of children and adults with physical, cognitive, emotional and social needs through therapeutic activities using horses.

Contact (859) 231-7066

Visit <http://www.ckrh.org>

## LOUISVILLE



### **Therapeutic Riding Association of Louisville/TRAIL Therapy Horses**

This program is offered year round. Lessons are scheduled individually.

Call Nathalie Green at (502) 876-7844 or email at [natkyusa@yahoo.com](mailto:natkyusa@yahoo.com)

Check out their Facebook page at <https://www.facebook.com/TRAILKY?fref=ts>

## WESTERN KENTUCKY



### **New Beginnings Therapeutic Riding**

New Beginnings is dedicated to serving individuals with disabilities and enhancing their lives using the power of horses. Our goal is to strengthen the minds, bodies, and souls of individuals with disabilities by providing a recreational outlet that has therapeutic benefits. The responsibility of riding and caring for a horse will encourage self-esteem, confidence, and coordination. The aim of our program is to see positive changes in the riders - both spiritually and physically.

Call (270) 777-3600

Visit <http://www.nbtr-bg.org>

## EASTERN KENTUCKY



### **Kentucky Foothills Therapeutic Horsemanship Center**

Kentucky Foothills Therapeutic Horsemanship Center is located in northern Jackson County. Their purpose is to improve the quality of life for individuals with physical, emotional, and developmental disabilities by facilitating the relationship between horse and human. Activities are individually designed to suit each participant's particular need, ability and stamina in accordance with the participant's goals.

Call (606) 965-2158

Visit [www.kfthc.org](http://www.kfthc.org)

# FENCING

## LOUISVILLE



### **The Louisville Fencing Center**

The Louisville Fencing Center (LFC) is a non-profit organization dedicated to developing and promoting the whole person through the sport of fencing. LFC offers summer fencing and fun camps for fencers of all ages and abilities.

Visit [www.louisvillefencing.org/JoomlaLFC/](http://www.louisvillefencing.org/JoomlaLFC/)

# FITNESS

## CENTRAL KENTUCKY



### **Lexington Healing Arts Academy**

Lexington Healing Arts Academy offers individualized personal fitness training. Personal training staff will spend time with you, assessing your personal needs and goals, designing a training program to meet your needs, and work with you in removing barriers between you and your success. In addition, they offer yoga classes and massage services.

Contact Amy Ball at (859) 252-5656 ext. 29, or by email at [amy@lexington-healingarts.com](mailto:amy@lexington-healingarts.com)

Visit [www.lexingtonhealingarts.com](http://www.lexingtonhealingarts.com)

# FOOTBALL

## NATIONAL AND STATEWIDE



### **Universal Wheelchair Football**

Universal wheelchair football has been actively played in the Cincinnati area since its introduction in 1991 by Northern Kentucky Wheelchair Sports. Over the years, group members have participated in numerous other activities including snow skiing, scuba diving, softball, basketball, bowling, and sky diving. Universal wheelchair football is played weekly throughout the year at locations in Ohio and Kentucky. Players with any type or level of disability, and non-disabled individuals are invited to participate (extra wheelchairs are provided). Membership is free and a good time is guaranteed for everyone.

Contact John Kraimer at [\(513\) 792-8625](tel:5137928625), or by email at [john.kraimer@uc.edu](mailto:john.kraimer@uc.edu)

# GOLF

## NATIONAL AND STATEWIDE



### **National Amputee Golf Association**

NAGA currently has over 2,000 members in the United States and some 200 players from 17 other countries. In addition to its national tournaments and National Senior Championship, the NAGA sponsors local and regional tournaments throughout the country. Kentucky is in the southeastern region of the regional amputee golf association.

Visit [www.nagagolf.org](http://www.nagagolf.org)

# HAND-CYCLING

## CENTRAL KENTUCKY

### **Hand-Cycling**

Hand-cycling creates cycling opportunities for wheelchair users or individuals with lower-mobility impairments.

Contact Paul Erway at [\(502\) 724-2300](tel:5027242300), or by email at [perway@superiorvan.com](mailto:perway@superiorvan.com)



# HOCKEY

## NATIONAL AND STATEWIDE



### **The U.S. Electric Wheelchair Hockey Association**

The U.S. EWHA is a non-profit corporation, and member of Disabled Sports USA, dedicated to allowing many participants the opportunity to play electric (power) wheelchair hockey. Our sport is called Power Hockey.

Visit [www.usewha.org](http://www.usewha.org)

## CENTRAL KENTUCKY



### **Bluegrass Area Sled Hockey (BASH)**

Bluegrass Adaptive Sled Hockey (BASH) provides a supportive atmosphere for individuals with and without disabilities to seek mental and physical well-being through the sport of hockey. BASH increases a player's quality of life by building relationships, improved confidence and having fun. Practices are held at the Lexington Ice Center and at the Iceland Sports Complex in Louisville.

Contact Cindy Jacobelli at (859) 254-5701, or by email at [cindy.jacobelli@cardinalhill.org](mailto:cindy.jacobelli@cardinalhill.org)

Visit [cardinalhill.org](http://cardinalhill.org)

# MARTIAL ARTS

## NATIONAL AND STATEWIDE



### **Adaptive Martial Arts**

Adaptive Martial Arts Association (AMAA) is a resource for students and instructors to gather and share ideas, curriculum and other adaptive training information while promoting inclusion and helping to break down martial arts training stereotypes

Visit <http://adaptivemartialarts.org/>

Find a local Kentucky contact Kathy Maxey-Scarcello at [AdaptiveMartialArtsED@gmail.com](mailto:AdaptiveMartialArtsED@gmail.com)



# ROCK CLIMBING

## CENTRAL KENTUCKY



### L 'Escalade Fitness Rock Climbing

L 'Escalade is a full service rock climbing and fitness gym for the customer looking to set and reach goals. L 'Escalade offers accessible rock climbing opportunities.

Contact Chris Shotwell or Nicole Brown at [\(859\) 523-0518](tel:(859)523-0518)

Visit [lescaladefitness.com](http://lescaladefitness.com)

# RUGBY

## NATIONAL AND STATEWIDE



### International Wheelchair Rugby Federation

Wheelchair Rugby is a mixed team sport for male and female athletes. A unique sport created by athletes with a disability, it combines elements of rugby, basketball and handball. Players compete in teams of four to carry the ball across the opposing team's goal line.

Visit [www.iwrf.com](http://www.iwrf.com)



### Quad Rugby

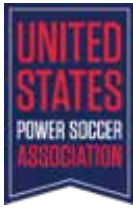
The United States Quad Rugby Association exists to provide opportunity, support, and structure for competitive wheelchair rugby to people with disabilities. Quad rugby is a full contact sport, but no personal contact is allowed.

Contact Jill Farmer at [\(502\) 582-7618](tel:(502)582-7618), or by email at [teresafarmer@kentuckyonehealth.org](mailto:teresafarmer@kentuckyonehealth.org)

Visit [www.quadrugby.com](http://www.quadrugby.com)

# SOCCER

## NATIONAL AND STATEWIDE



### United States Power Soccer Association

Power Soccer is the first competitive team sport designed and developed specifically for power wheelchair users. Athletes' disabilities include quadriplegia, multiple sclerosis, muscular dystrophy, cerebral palsy, and many others.

Visit <http://www.powersoccerusa.org>

## CENTRAL KENTUCKY



### TOPSoccer

TOPSoccer (The Outreach Program for Soccer) is a community-based soccer program that is designed to meet the needs of children with physical and/or mental disabilities. Player participation and development are key elements of the program. TOPSoccer is designed to improve the overall fitness, self-esteem, and social skills of your child.

Contact Janice Birdwhistell at (859) 608-4160, or by email at [Jessie.bird@uky.edu](mailto:Jessie.bird@uky.edu)

Visit <http://www.lysa.org/tops>

# TENNIS

## NATIONAL AND STATEWIDE



### United States Tennis Association

Tennis is one of the most challenging and rewarding of all wheelchair sports. To meet this challenge USTA offers tennis programs specifically designed for the wheelchair player.

Visit [www.usta.com/Adult-Tennis/Wheelchair-Tennis/Wheelchair](http://www.usta.com/Adult-Tennis/Wheelchair-Tennis/Wheelchair)

# WINTER SPORTS

## NORTHERN KENTUCKY



### Perfect North Slopes Adaptive Lessons

Perfect North Slopes aims to enhance the lives of children and adults with disabilities through outdoor recreation. Adaptive instruction is available for physically or mentally challenged children and adults. All programs are taught by specially trained instructors for a wide array of disabilities. This program includes the lift ticket, lesson/instruction, and rental adaptive equipment.

Email [adaptive@perfectnorth.com](mailto:adaptive@perfectnorth.com)

Visit <http://perfectnorth.com/daily-lessons>

# TRAVELING TO A NATIONAL OR STATE PARK

## NATIONAL



### Access Pass

A free, lifetime pass providing access to more than 2,000 recreation sites throughout the US is available to citizens or permanent residents of the United States who have been medically determined to have a permanent disability. One pass covers everyone in the car at sites that charge “per vehicle.” The Access Pass also provides the pass owner a discount at many sites for activities such as camping, swimming, boat launching, and guided tours.

You can obtain an Access Pass in person, with proper documentation, from a participating Federal recreation site or office. Access Passes may also be obtained via mail order.

Visit <http://store.usgs.gov/pass/access.html>

## STATEWIDE



### **Kentucky Appalachian Rural Rehabilitation Network (KARRN) State Park Travel Tips**

KARRN has assessed parks across the state to see if they are wheelchair accessible using the ADA guidelines.

For general tips and information about traveling to state parks you can access their guidebook at <http://karrn.org/pdf/karrntraveltips.pdf>

For information about: Bad Branch Falls, Barren River State Park, Breaks, Interstate Park, Buckhorn Lake State Resort, Carr Creek State Park, Cumberland Gap national Historical Park, Cumberland Falls State Resort Park, Grove Mariana at Laurel Lake, Holly Bay Mariana at Laurel Lake, Levi Jackson State Park, Mammoth Cave National Park, Natural Bridge State Resort, Old Mulkey Meeting House Historical Site, Pine Mountain State Resort Park, Trace Branch Campground and Recreation Area visit <http://karrn.org/pdf/karrn-state-parks-part1.pdf>

For Information about: Fishing Creek Recreational Area, Fishtrap Lake State Park, Fort Boonesborough State Park, General Burnside Island State Park, Jenney Wiley State Park, Kingdome Come State Park, Lee's For Marina, Old Fort Harrod State Park, Paintsville Lake State Park, Pennyrile Forest State Park, Pulaski County Park, Rough River State Park, Trail Water Recreational Area at Rough River visit <http://karrn.org/pdf/traveltipsfinal.pdf>

For Information about: Boone Station Historic Site, E.P. "Tom" Sawyer State Park, John James Audubon State Park, Kenlake State Resort Park, Kentucky Dam Village State Resort Park, Land Between the Lakes National Park, Mineral Mound State Park, My Old Kentucky Home, Taylorsville Lake State Park, Waveland Historic Site, Wickliffe Mound State Historic Site visit <http://karrn.org/pdf/travelTips3.pdf>

For Information about: Big Bone Lick State Park, Blue Licks Battlefield State Resort Park, Carter Caves State Resort Park, Constitution Square State Historic Site, Dale Hollow State Resort Park, Grayson Lake State Park, Green River Lake Park, Kincaid Lake State Park, Lincoln Homestead Park, Perryville Battlefield State Historic Site, White Hall State Historic Site visit [http://karrn.org/pdf/travel\\_tips\\_4\\_10\\_2012.pdf](http://karrn.org/pdf/travel_tips_4_10_2012.pdf)

# GENERAL RESOURCES

## STATEWIDE



### **Easter Seals Cardinal Hill**

Easter Seals Cardinal Hill offers an adaptive recreation department.

Contact the Program Director, Cindy Jacobelli, at (859) 254-5701, or by email at [cindy.jacobelli@cardinalhill.org](mailto:cindy.jacobelli@cardinalhill.org)

Visit [cardinalhill.org](http://cardinalhill.org)



### **Kentucky Appalachian Rural Rehabilitation Network (KARRN)**

KARRN is a collaborative team including individuals impacted by neurological conditions, providers who can serve them, members of communities in which they live, advocates and researchers who investigate these impairments will identify, develop and disseminate information and strategies, and maximize resources to improve outcomes and quality of life.

Contact Patrick Kitzman at [phkitz1@uky.edu](mailto:phkitz1@uky.edu) or Anne Harrison at [anne.harrison@uky.edu](mailto:anne.harrison@uky.edu)

Visit [karrn.org/wordpress](http://karrn.org/wordpress)



### **KY Congress on Spinal Cord Injury (KCSCI)**

The KCSCI is a group of individuals with spinal cord injuries who are dedicated to educate & legislate change for the SCI community in Kentucky.

Check out their Facebook page at [www.facebook.com/KCSCI](http://www.facebook.com/KCSCI)



### **SPINALpedia.com**

SPINALpedia is a social mentoring network and video archive that allows the spinal cord injury community to motivate each other with the knowledge and triumphs gained from our individual experiences.

Visit [spinalpedia.com](http://spinalpedia.com)



## **The Commonwealth Council on Developmental Disabilities Recreation Fund**

The Commonwealth Council on Developmental Disabilities has a limited pool of funds that have been made available for individuals with developmental disabilities to participate in inclusive community activities that contribute to health and well-being, including but not limited to gyms, sports teams, and swimming programs.

Find the application under the projects page at the CCDD website: <http://www.kyccdd.com/#/projects/cvi9>



## **Wellness4ky.org**

Healthy lifestyle choices are beneficial to everyone. The goal of this website is to raise awareness of health disparities and provide health education and motivation techniques for individuals to take charge of their health. This website provides information on how to effectively make healthier decisions along with highlights from current statewide health initiatives. Helpful resources include videos, health promotion lesson descriptions, healthy games and activity instructions, links, and tips on how to run effective health promotion programming for people with a variety of backgrounds, interests, and needs.

Visit [www.wellness4ky.org](http://www.wellness4ky.org)



