RECREATION & SOCIAL ACTIVITIES RESOURCES

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RECREATION & SOCIAL ACTIVITIES-CAMPS

Camp Easter Seals UCP - Adult camp 19 and Up (we do not have a cut off age for our adult program), Young Adults 16-29, Children and Young Adults 9-22, Family Camp All Ages

Camp Easter Seals UCP Virginia offers children and adults with disabilities the opportunity to enjoy a wide variety of fun and challenging activities in a unique and supportive camp atmosphere. Our campers have a variety of disabilities including autism and several other physical and intellectual disabilities. The summer ends with a week for families that have a child with a disability.

Off Season: 201 E. Main Street

                    Salem, VA 24153

Summer: 900 Camp Easter Seals Rd

                New Castle, VA 24127

<https://www.easterseals.com/NCVA/our-programs/camping-recreation/camp-easter-seals-ucp.html>

Alex Barge or Whitney Civitts

[camp@eastersealsucp.com](mailto:camp@eastersealsucp.com)

540-777-7325

RECREATION & SOCIAL ACTIVITIES-CAMPS

Camp Meadowlark - 2 years-adult

Camp Meadowlarks is a super-fun four-week summer camp for individuals with developmental and physical disabilities. Campers experience a full roster of summer camp activities including water play, arts and crafts, music and drama, sports, games, nature study, theme days and much more. All activities are adapted to ensure that every camper experiences success and has fun!

<https://arcofcva.org/arc_who_we_do_programs_and_services.html>

434-845-4071

RECREATION & SOCIAL ACTIVITIES-PARKS

Lynchburg Parks and Recreation

Therapeutic Recreation is a process that adapts programs for those with special needs. These fun and adaptive programs allow participants to fully engage in fun, recreational activities with minimal assistance. Programs are intended to foster a sense of accomplishment, while improving mental and cognitive abilities in a safe and nurturing environment.

301 Grove Street

Lynchburg VA 24501

434-455-5858

<https://www.lynchburgparksandrec.com/programs-and-activities/?c=514>

RECREATION & SOCIAL ACTIVITIES-RECREATION OR SPORTS

Challenged Sport Exchange

The Challenged Sports Exchange (C.S.E.) provides a full year of recreational activities and athletic programs.  These programs include basketball, bowling, tennis, hot wheels, golf, crafts, line dancing, t-ball/softball and fishing. Programs are all adapted to the participants’ abilities and are only made possible by volunteers from the community, local colleges, provider agencies and the families of those participating. The C.S.E. has remained a partner with the city of Lynchburg to assist special needs individuals in the Central Virginia Region.

22174 Timberlake Road

Suite B-1

Lynchburg, VA 24502

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

434-455-1178

[cseleague@gmail.com](mailto:cseleague@gmail.com)

RECREATION & SOCIAL ACTIVITIES-RECREATION OR SPORTS

Amazement Square

The museum offers hands-on, interactive exhibits designed to make learning fun. We believe that creative play is one of the most important ways children learn and grow! Guests of all ages can paint on the walls, explore life on the farm, create a rainstorm over downtown Lynchburg, float a boat down the James River, and even rock out on stage in a band of your own! As part of its mission to serve children and adults of all backgrounds and abilities, Amazement Square extends its activities beyond the physical constraints of our four walls. Partnering with other local institutions, the museum has created a variety of programs that reach out to the economically disadvantaged, physically and mentally disabled, and culturally underrepresented.

27 9th St

Lynchburg, VA 24504

<https://www.amazementsquare.org/>

434-845-1888

Morgan Kreutz

[morgan@amazementsquare.org](mailto:morgan@amazementsquare.org)

RECREATION & SOCIAL ACTIVITIES-RECREATION OR SPORTS

Special Olympics -Piedmont Region

We provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities. This gives them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

104A Northwynd Circle

Lynchburg, VA 24502

<https://specialolympicsva.org/who-we-are/find-special-olympics-near-you/piedmont-region>

Lisa Wimbush

[lwimbush@specialolympicsva.org](mailto:lwimbush@specialolympicsva.org)

RECREATION & SOCIAL ACTIVITIES-RECREATION OR SPORTS

Wintergreen Adaptive Sports

Wintergreen Adaptive Sports provides outdoor sports and recreational opportunities for persons with disabilities. We serve people of all ages and with all types of disabilities.

13 Grassy Ridge Drive

Roseland, VA 22967

<https://www.wintergreenadaptivesports.org/>

434-325-2007

Dave Shreve

[info@skiwas.org](mailto:info@skiwas.org)

RECREATION & SOCIAL ACTIVITIES-RECREATION OR SPORTS

Yellow Branch Challengers

Yellow Branch Challengers is sponsored by Campbell County Recreation. We offer sporting activities for handicapped individuals in the Rustburg area.

Rustburg, VA

<https://www.facebook.com/theyellowbranchchallengers>

Jeff Reynolds

434-942-5649

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RECREATION & SOCIAL ACTIVITIES-RECREATION OR SPORTS

United Athletics

United Athletics pairs local athletes and individuals who require assistance to participate in a variety of events – swimming, biking, running, and triathlon races. Participation in sporting events promotes both social inclusion and fellowship in a healthy athletic environment.  The goal is to create friendships, foster inclusion, strengthen family bonds, and create a community where all are welcome

Amanda Myers-Ramirez

[ourlittlebluelakehouse@gmail.com](mailto:ourlittlebluelakehouse@gmail.com)

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RECREATION & SOCIAL ACTIVITIES-RECREATION OR SPORTS

Forest Dance Academy - 5+

Forest Dance Academy offers a free special needs open dance class for all ages and all disabilities. These dancers are also able to perform in the yearly recital.   Moms are asked to hang around and help support their children during class if needed. Please contact Michelle to get more information on this great opportunity.

4346 Waterlick Rd.

Forest, VA 24551

Michelle Thomas

434-525–0428

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RECREATION & SOCIAL ACTIVITIES-RECREATION OR SPORTS

Elite Athletics - 5+

Elite offers a special needs program “Flip 4 All” class.  This 1-hour class includes your child learning gymnastics and ninja. Teaches children the fundamentals of the sport while also teaching body coordination and control.

52 Barbour Drive

Forest, VA 24551

<https://eliteathleticsva.com>

434-525-4813