



Recreational Resources For Students with Special Needs

**Compiled by the Carrollton-Farmers Branch Adapted
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ACCESSIBLE PLAYGROUNDS

Alison Hardin Playground at Jo Kelly School

201 N Bailey Ave.
Fort Worth, TX
INTERNET: <https://www.fwisd.org/domain/5332>

Allan Shivers Park at the Texas Scottish Rite Hospital for Children

2222 Welborn St.
Dallas, TX
INTERNET: <https://scottishriteforchildren.org/locations>

Casey's Clubhouse at Dove Park

1509 Hood Lane
Grapevine, TX
INTERNET: <https://gograpevine.com/listing/caseys-clubhouse-pavilion/>

Cottonwood Creek Park

4051 N. Story Rd.
Irving, TX
INTERNET: <https://www.cityofirving.org/Facilities/Facility/Details/Cottonwood-Creek-31>

Dream Park Fort Worth

2001 University Dr.
Fort Worth TX
INTERNET: <https://dreamparkfw.org/>

Fantasy Landing at Kiest Park

3080 S. Hampton Rd.
Dallas, TX
INTERNET: <https://www.dallasparcs.org/facilities/facility/details/kiestpark-552>

Hope Park

8000 McKinney Rd.
Frisco, TX
INTERNET: <https://www.friscotexas.gov/Facilities/Facility/Details/Hope-Park-at-Frisco-Commons-93>

Katherine Rose Memorial Park

303 N Walnut Creek Dr.
Mansfield, TX

INTERNET: www.mansfieldtexas.gov/1095/Katherine-Rose-Memorial-Park

KidMania at Celebration Park

701 Angel Parkway
Allen, TX

INTERNET:

<https://visitallentexas.com/Facilities/Facility/Details/kidMania-at-Celebration-Park-82>

Mary Heads Carter Park

2320 Heads Lane
Carrollton, TX

INTERNET:

<https://www.cityofcarrollton.com/Home/Components/FacilityDirectory/FacilityDirectory/48/380>

AQUATICS

Aqua Tots

*S.N.A.P. (Special Needs Aquatic Program). Not available at all DFW locations.
Please check with your local instructor to see what programs are offered.

INTERNET: <https://www.aqua-tots.com/contact/>

Coppell YMCA

The Coppell YMCA serves littles ages 4 and up of all special needs, including mental and physical disabilities. For Information Contact the Aquatic Director.

146 Town Center Blvd.
Coppell, TX
PH:972-393-5121

INTERNET:

https://www.ymcadallas.org/locations/coppell_family_ymca/staff_directory

Dallas Aquatics

Adapted Aquatics. Designed for persons with disabilities, this class includes a mix of fitness activities, swim skills and just plain fun.

2750 Bachman Dr.
Dallas, TX

PH: 214-670-6273

INTERNET: <https://dallasaquatics.org/158/Adult-Programs>

BASEBALL/SOFTBALL

Angel T-Ball – Rockwall

214 East Rusk

Rockwall, TX

PH: 972-722-6001

INTERNET: <http://www.angelleague.org/>

Buddy League - Garland

3809 Crestone Dr.

Garland, TX

PH: 214-797-8770

INTERNET: www.buddyleague.org/

Miracle League - DFW

P.O. BOX 14528

Arlington, TX

PH: 817-733-6076

INTERNET: <http://www.miracleleaguedfw.com/>

Miracle League – North Texas

Miracle League North Texas

4700 Seafarer Court

Flower Mound, TX 75022

PH: 214-923-4421

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

Miracle League Fields – Frisco

PO Box 2831

Frisco, TX

PH: 214-295-6411

INTERNET: <http://friscomiracleleague.org/>

Miracle League Frisco also offers sports training in Baseball, Basketball, Bowling, Football, Soccer & Track.

BASKETBALL

Wheelchair Basketball – Bachman Recreation Center

2750 Bachman Dr.

Dallas, Texas 75220

PH: 214-670-6266

INTERNET: <https://www.dallasparks.org/555/Therapeutic-Recreation>

Dallas Junior Wheelchair Mavericks Basketball Association

2750 Bachman Drive

P.O. Box 540112

Dallas, TX

PH: 214-997-3193

INTERNET: <http://www.dallasjuniorwheelchairmavericks.org/>

CHEERLEADING

Cheer Athletics "SuperKatz" - Plano

1300 E Plano Parkway, Suite C

Plano, TX 75074

INTERNET: <https://www.cheerathletics.com/contact>

CHURCHES

Irving Bible Church

2435 Kinwest Pkwy

Irving, Texas

PH: 972-560-4600

INTERNET: <http://www.arisespecialneeds.com/arise>

Bent Tree Bible Fellowship

4141 International Parkway

Carrollton, TX

PH: 972-306-4477

INTERNET: <https://benttree.org/special-needs/>

Saint Ann Catholic Church

180 Samuel Blvd.

Coppell, TX

PH: 972-393-5544

INTERNET: <https://stannym.com/specialneeds>

DANCE

Chamberlain Ballet

1404 Gables Court Suite 101

Plano, TX

(214) 412-8589

INTERNET: <https://chamberlainballet.org/outreach/#shining-stars>

Jasmine's Beat®

Jasmine's Beat® aims to empower people of all ages, sex, race and abilities to embrace the power of dance and healthy movement. Classes held at various locations throughout the Metroplex.

From June 12th to August 2, 2023 an Adaptive Dance for Kids & Young Adults will be hosted at the Rosemeade Recreation Center in Carrollton.

INTERNET: <https://jasmibesbeat.com/upcoming-adaptive-dance-sessions/>

EQUESTRIAN

Equest Therapeutic Horsemanship

811 Pemberton Hill Road, Building 4

Dallas, TX

PH: 972-412-1099

INTERNET: <http://equest.org/>

Riding Unlimited

9168 T.N. Skiles Road

Ponder, TX

PH: 940-479-2016

INTERNET: www.ridingunlimited.org

Victory Therapy Center

10600 Dunham Rd.

Roanoke, TX

PH: 682-831-1323

INTERNET: www.victorytherapy.org

Stable Strides Farm Therapeutic Riding

4400 Withers Avenue

Flower Mound, TX

PH: 940-595-3600

EMAIL: stablestrides@aol.com

INTERNET: www.stablestridesfarm.org/

ADAPTIVE & INCLUSIVE FITNESS

Special Strong – North Dallas (McKinney, Allen, Frisco, Keller, Grapevine)

PH: 972-836-8463

INTERNET: <https://www.specialstrong.com/north-dallas-tx/>

Special Strong – West North Dallas (Plano, Richardson, Addison, Carrollton)

PH: 469-440-8916

INTERNET: <https://www.specialstrong.com/west-north-dallas-tx/>

Special Strong – North East Tarrant County (Colleyville, Southlake, Grapevine, Euless, Bedford, Keller, Hurst)

PH: 817-898-8381

INTERNET: <https://www.specialstrong.com/northeast-tarrant-county-tx/>

GYMNASTICS

ASI Gymnastics

Plano (West) Location

4051 Rosemeade Pkwy

Dallas, TX

PH: 972-960-1108

INTERNET: <https://asigymnastics.com/gymmie-kids/>

Gymmie Kids Program (ages 3-18)

Special Needs Gymnastics – North Richland Hills

6051 Davis Blvd. #822672

North Richland Hills, TX

PH: 806-438-3227

INTERNET: www.specialneedsgymnastics.com

MARTIAL ARTS

Coppell ATA Training Academy (AMA Program)

110 W. Sandy Lake Rd. Suite 160

Coppell, TX

PH: 972-462-7807

INTERNET: <http://www.coppellata.com>

ATA Black Belt Academy

Special Abilities (all ages). Offer classes (three times each week) for children with special needs, adapted to their abilities and conditions, and participates in tournaments that offer divisions for special abilities competitors. These instructors have experience working with students with autism, Down syndrome, cerebral palsy, and other conditions.

102 Navajo Drive
Keller, TX
PH: 817-337-9493
INTERNET: www.kellerata.com

My Martial Arts

Take a martial arts class from a school that includes mainstream and special needs children and adults. My Martial Arts in Dallas, Texas, provides martial arts instruction for everyone.

3641 Northwest Highway #150
Dallas, TX
PH: 469-284-8226

INTERNET: <https://mymartialartsdfw.com/adaptive-programs/>

Red Tiger Karate

PH: 817-845-1557
INTERNET: www.redtigerkarate.com

Locations:

Rosemeade Recreation Center
1330 E Rosemeade Pkwy
Carrollton, TX

Flower Mound CAC
1200 Gerault Rd
Flower Mound, TX

North Lakes Recreation Center
2001 W. Windsor Dr.
Denton, TX

Little Elm Recreation Center
303 Main Street
Little Elm, TX

MOVIES & SPECIAL SCREENINGS

Studio Movie Grill – Movies for families with Special Needs

INTERNET: <https://www.studiomoviegrill.com/movie/special-needs-screenings>
Sensory friendly Special Needs Screenings present movies with the lights up, the volume low, and moving around, talking, and even dancing in the aisles is

welcome. Special Needs Screenings are shown on Saturdays at 12:00pm. Tickets are free for all attendees and available at the Box Office only.

Locations: all SMG locations unless noted otherwise

AMC Theatres Sensory Friendly Films

INTERNET: <https://www.amctheatres.com/programs/sensory-friendly-films>

AMC is proud to partner with the Autism Society to offer unique movie showings where we turn the lights up, and turn the sound down, so you can get up, dance, walk, shout or sing! Our Sensory Friendly Film program is available on the **second and fourth Saturday (family-friendly)** and **Wednesday evenings (mature audiences)** of every month. Please check your local theatre listings for specific showtimes.

Locations: Firewheel 18, Stonebriar, Mesquite 30, Parks at Arlington, Grapevine Mills 24

PARALYMPIC SPORTS

Paralympic Sport

INTERNET: <http://www.teamusa.org/us-paralympics/find-a-club/club-search>

click on "Find a Club" → "Club Search" → click on image of Texas on US Map → this will bring up a list of Paralympic clubs in Texas

RECREATIONAL PROGRAMS

Bachman Recreation Center

2750 Bachman Dr.
Dallas, Texas 75220
PH: 214-670-6266

City of Carrollton Adaptive Recreation

Crosby Recreation Center:

1610 East Crosby Rd.
Carrollton, TX

Rosemeade Recreation Center:

1330 East Rosemeade Parkway
Carrollton, TX

The Carrollton Parks & Recreation provides a number of programs for people of various ages with special needs. These include fun activities such as dances, games, field trips, movie nights, swim parties and more.

PH: 972-466-4862

INTERNET:

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

City of Plano Adapted Recreation

1520 K Avenue

Plano, TX

The Plano Parks and Recreation Department provides year-round Adapted Recreation classes for individuals with special needs and disabilities of all ages. These programs are considered recreational, but all have benefits for the well-being of the individual.

PH: 972-941-7272

INTERNET: <https://www.plano.gov/882/Adapted-Recreation>

Garland Buddy League

The Buddy League provides recreational opportunities for children with special needs. The league currently is providing Baseball.

1220 Castle Dr

Garland, TX

INTERNET: www.buddyleague.org

Moody Family YMCA

6000 Preston Road

Dallas, TX

PH: 214-526-7293

INTERNET: http://www.ymcadallas.org/locations/moody_family_ymca

FIT Fencing Institute of Texas – Wheelchair Fencing – Farmers Branch

1000 West Crosby, Suite 134

Carrollton, TX

PH: 972-242-0399

INTERNET: <http://www.fenceintexas.org/>

Sled Hockey

Dr Pepper StarCenter - Farmers Branch

12700 N Stemmons Fwy

Farmers Branch, TX

INTERNET: <http://www.swaasports.org/swaa/sled-hockey>

IPAR Therapeutic Recreational Program – Irving

825 W. Irving Blvd.
Irving, TX
PH: 972-721-2501
INTERNET: <http://www.cityofirving.org/814/Special-Needs-Programs>

It's A Sensory World

13617 Neutron Rd
Farmers Branch, TX
PH: 972-239-8100
INTERNET: <http://itsasensoryworld.org/>

Rise Adaptive Sports

Meadowmere Park
Park Rd 4
Grapevine, TX
PH: 972-292-8650
INTERNET: <http://www.riseadaptivesports.org>

Southwest Wheelchair Athletic Association (SWAA) – Dallas/Fort Worth

(provides wheelchair basketball, hockey, track, soccer, & other sports)

INTERNET: <http://www.swaasports.org/>

Turning Point – North Texas

403 Pacific Ave.
Terrell, TX
INTERNET: www.turningpointnation.org

RECREATIONAL ENTERTAINMENT

Challenge Air – Dallas

8001 Lemmon Ave., Ste 280
Dallas, TX
PH: 214-351-3353
INTERNET: www.challengeair.com

My Possibilities

3601 Mapleshade Lane
Plano, TX
PH: 469-241-9100
INTERNET: <http://www.mypossibilities.org/>

We Rock the Spectrum Kid's Gym For All Kids - Plano

1941 Preston Road, Suite 1022
Plano, TX
PH: 214-954-7221
INTERNET: <https://www.werockthespectrumplano.com/>

SCUBA

Adventures Scuba & Snorkeling Center

2301 North Central Expressway, Ste 140
Plano, TX
PH: 972-423-3483
INTERNET: www.scubaplano.com
Ages 8 and up

SOCIAL

Best Buddies - Dallas

1341 W. Mockingbird Lane, Suite 241E
Dallas, TX
PH: 214-242-9908
INTERNET: <https://www.bestbuddies.org/texas/>

SOCCER

GLASA (Greater Lewisville Area Soccer Association) – TOPSoccer

US Youth Soccer TOPSoccer (The **O**utreach **P**rogram for **S**occer) is a recreational sports program for children and adults with intellectual, emotional, or physical disabilities offered only through local US Youth Soccer-affiliated soccer clubs. TOPSoccer provides people with diverse abilities an opportunity to play soccer in a structured environment that is safe, fun, supportive, and inclusive.

<https://www.glasasoccer.org/topsoccer>

SPECIAL OLYMPICS

Special Olympics AREA 10 – Greater Dallas Area

8701 Bedford-Euless Rd, #330
Hurst, TX
PH: 817-284-0074
INTERNET: www.sotx.org

Special Olympics AREA 11 – Greater Fort Worth Area

8701 Bedford-Euless Rd, #330
Hurst, TX

PH: 817-332-3433

INTERNET: www.sotx.org

Carrollton-Farmers Branch Special Olympics City Team - Cyclones

*Special Olympics training program offers basketball, flag football, aquatics, bocce, track & field, bowling

Contact:

Julia Scott 972-245-4436 or email jollyjulia@verizon.net

TENNIS

Dallas Tennis Association

DALLAS TENNIS Adaptive programs provide the tennis community with the opportunity to partner with adults with intellectual and developmental disabilities (IDD) to foster independence through a recreational initiative. Volunteers bring the joy of tennis, physical activity, and friendship to adaptive teammates 30-weeks a year. Adaptive programming is FREE to its participants. DALLAS TENNIS provides all equipment.

INTERNET: <https://www.dta.org/adaptive-tennis>

Adult Therapeutic Day Programs

Aspire Day Habilitation

Aspire Day Habilitation inspires people with developmental disabilities of all ages and capacities to reach new levels, obtain their goals, and exceed above other's expectations.

135 S. State Highway 121
Building A
Suite 160
Lewisville, Texas

PH: (972) 221-7888

INTERNET: <https://aspiredayhab.com/>

Caring Pathways of Carrollton

Caring Pathways is a non-profit organization is an integrated program for underserved adults (18+) with intellectual and developmental disabilities in the Carrollton, Texas community.

Program operates Monday through Friday 7:30 a.m.-3:30 p.m.

2150 N Josey Lane, Suite 318
Carrollton, TX 75006-2959
PH: 469-758-0063
INTERNET: <https://caringpathways.org/>

City of Irving Parks and Recreation – Adult Therapeutic Day Program

Our goal is to provide a recreation program designed to assist Irving residents ages 18 and older with mental and/or physical disabilities. The program was created for adults who require moderate staff assistance and instruction with leisure activities and physical fitness. Daily activities teach social and recreational skills and provide learning opportunities which promote a healthy independent lifestyle.

Program currently operates: Monday through Friday 9 a.m.-2 p.m.

825 W. Irving Blvd.
Irving, TX 75060
Phone: 972-721-2501

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

WATER SPORTS

MAWS (Metroplex Adaptive Water Sports)

MAWS is dedicated to providing anybody with physical challenges opportunities to enjoy water sports.

PH: 214-803-9955

Wetzone Waterpark Angel Swim Playtime

5304 Main Street
Rowlett, TX
PH: 972-412-6266
INTERNET: www.wetzonewaterpark.com

Wheelchair Accessible Wildlife Viewing Sites in Texas

*This website will link you to numerous wildlife viewing sites in Texas that are wheelchair-accessible.

http://tpwd.texas.gov/landwater/land/programs/tourism/wheelchair_access/

YMCA – Special Needs Sports:

Opportunities for all players and abilities

At the Y, we strive to be inclusive and to provide programs for all kids. Our Special Needs Sports program provides opportunities for fun and physical activity for youth and teens with special needs.

Special Needs Sports are offered at:

Cross Timbers YMCA
Irving YMCA
Grand Prairie YMCA
J.E.R. Chilton YMCA at Rockwall
Town North YMCA at Dallas

INTERNET: https://www.ymcadallas.org/adaptive_special_needs_programs

Angel camp

Angel Camp is a day camp for children with special needs that offers typical day camp activities such as horseback riding, canoeing and basketball along with field trips specially designed for kids with special needs.

PH: (972) 772-9622

Location: J.E.R. Chilton YMCA at Rockwall